

General Information

Table of Contents

General Information.....	1
Facility Information.....	2
Fee Information.....	3-4
Calendar of Events.....	5
Facility Reservation Information.....	6-7
Aquatics.....	8-12
Youth Sports.....	13-16
Youth Programs.....	17-21
Teen Programs.....	22-23
General Interest Classes.....	24
Fitness & Wellness Classes.....	25-30
Adult Sports.....	31-32
Brighton Cultural Arts Commission.....	33
Small Business Development.....	33
Special Events.....	34
Eagle View Adult Center.....	35
Platte Valley Medical Center.....	36-37
Barr Lake State Park Birding Festival.....	38
Registration Form.....	39
Registration Information.....	40

FALL 2014

Recreation Center Facility Closures

Labor Day - September 1
Thanksgiving Day - November 27
Christmas Day - December 25

Facility Closure

The Brighton Recreation Center will be closed for annual maintenance and cleaning September 8 thru September 21.

FALL REGISTRATION

Brighton Recreation Center
555 North 11th Avenue, Brighton, CO
Ph: 303-655-2200

Walk-In Registration

Residents Only - in person only:

(within legal City limits with proof of residency)

August 21, 2014 beginning at 7:00am

Open Registration - in person only:

August 22, 2014 beginning at 7:00am

Phone registration will be accepted on
August 23, 2014 after 7am.

***Please have activity numbers and
credit card information ready.***

Online Registration

Online registration for most
Recreation Center programs – go to
our website at www.brightonco.gov
and select → Online Registration



**Open to Brighton residents starts at
noon on August 21, 2014**

**Open Online registration starts at
noon on August 22, 2014**

For Your Health the Recreation Center is a
smoke, drug and tobacco-free environment.

Facility Information

RECREATION FACILITY INFORMATION

Recreation Center

555 North 11th Avenue Brighton, CO 80601
(303) 655-2200

Facility Hours

Monday – Thursday

5:30 am – 9:00pm

Friday

5:30 am – 6:30pm *

**Close at 7:00pm thru August 8*

Saturday

7:00am – 6:00pm

Sunday

10:00am – 5:00pm

Horario

lunes - jueves

5:30 am – 9:00pm

viernes

5:30 am – 6:30pm *

**Cierra a las 7:00pm por agosto 8*

sabado

7:00am – 6:00pm

domingo

10:00am – 5:00pm

Areas within the facility may not be available at all times.

The pool will close 1/2 hour before closing each day.

Esta que areas dentro de la facilidad no estan disponibles todo el tiempo. La alberca cerrará una media-hora antes de cerrar cada dia.

Recreation Center Pool Hours

Pool Hours

Monday – Thursday

5:30 am – 8:30pm

Friday

5:30 am – 6:00pm *

**Close at 6:30pm thru August 8*

Saturday

7:00am – 5:30pm

Sunday

10:00am – 4:30pm

Horario

lunes - jueves

5:30 am – 8:30pm

viernes

5:30 am – 6:00pm *

**Cierra a las 6:30pm por agosto 8*

sabado

7:00am – 5:30pm

domingo

10:00am – 4:30pm

Note: There is no open swim during swim lessons.

See page 12 for lesson times.

Nota: Las Albercas no estan disponible durante clases de natacion. Vea pagina 12 para el horario de lecciones.

SAY "CHEESE"

The recreation department reserves the right to photograph program participants and patrons for publicity purposes including the program brochure, website, and social media.

GYM SCHEDULE

- Open gym, including volleyball, is for all ages.
- ½ of gym designated for volleyball on Monday evenings (when other programming isn't scheduled).
- Court shoes ONLY allowed on the gym floor.
- When half the gym is used for another activity, the open half is only available for shooting, **no full court games allowed.**

Day	Status	Time
Monday	Open	5:30am - 6:00pm
Tuesday	Open	5:30am - 9:00pm
Wednesday	Open	5:30am - 9:00pm
Thursday	Open	5:30am - 9:00pm
Friday	Open	5:30am - CLOSE
Saturday	Open	7:00am - 6:00pm
Sunday	Open	10:00am - 5:00pm

KIDS CORNER

➔ Hours Starting August 18 ➔

Monday through Friday 8:00am – 11:30am

Monday through Thursday 5:30pm – 8:30pm

- Kids Corner provides supervised child care for children 6 months through 7 years of age.
- Child care is available for children while parents are using the Recreation Center.
- Parents need to register their children upon arrival.
- Reloadable Child care punch cards are available for purchase at the front desk and reloadable in 2, 5 or 15 hour cards.
- Only punch cards are accepted in child care; No cash.
- Cost is \$1.50/hour per child
- There is a 90-minute time limit per visit.
- Please bring a labeled drinking cup or a water bottle and a snack for your child

UPDATES!

To get updates and reminders about programs and classes available through the Recreation Center



LIKE US on Facebook under Brighton Recreation Center Youth & Teen Dept, Brighton Recreation Center, Brighton Youth Sports and Brighton Fitness

Fee Information

Fee Information

Daily Admission

Your admission fee includes full use of the entire facility including: weight rooms, swimming pools, selected fitness classes, running track, hot tub and saunas, cardiovascular equipment and showers/ lockers. Children 4 and under are free with paid adult admission. Child care services require additional fee.

Admisión Diaria

Costo de admisión incluye el uso completo de todo el recreación, equipo de pesas, las albercas, clases de aeróbics, sauna y cuarto de vapor. Niños de 4 años y menor entran gratis con la admisión pagado de un adulto. Servicios de cuidado de niños requiere cobro adicional.

Pass Type Definitions

Family Pass – Up to two adults (married couple or civil union) and their dependent children (age 21 years and younger) all residing at the same address. Adults must show residency with a valid Colorado Driver's License. Available to non-traditional families with legal guardianship.

Couple Pass – A married couple or civil union couple residing at the same address. Couple must be able to show proof of residency with a valid Colorado Driver's License displaying same address.

Attention Recreation Center Pass Holders

All pass holders will need to present their Recreation ID card in order to gain admission to the Recreation Center. As a courtesy to all our customers – if you have lost your card, we will print a free card for you. After 1 free card, you will need to pay \$2 for each replacement card.

The Brighton Recreation Center does not offer a towel service. Towels are available as a courtesy to patrons who arrive without their towel on occasion. If you borrow a towel, please expect to reimburse the front desk \$1 per towel.

ADMISSION FEES

Daily Fees	Resident	Non-Resident
Youth (5-17 years)	\$2.50	\$3.25
Adult (18-59 years)	\$4.25	\$5.00
Seniors (60+ years)	\$2.25	\$3.00
15 Visit Pass	Resident	Non-Resident
Youth (5-17 years)	\$23.00	\$33.00
Adult (18-59 years)	\$48.00	\$59.00
Seniors (60+ years)	\$25.00	\$35.00
Quarterly Pass	Resident	Non-Resident
Student (5-22 years)	\$52.00	\$70.00
Adult (23-59 years)	\$82.00	\$98.00
Seniors (60+ years)	\$62.00	\$78.00
Couple	\$130.00	\$165.00
Family	\$160.00	\$200.00
Annual Pass	Resident	Non-Resident
Youth (5-17 years)	\$150.00	\$180.00
Adult (18-59 years)	\$225.00	\$290.00
Seniors (60+ years)	\$130.00	\$165.00
Couple	\$370.00	\$450.00
Family	\$470.00	\$595.00

- A recreation center ID is required to qualify for resident admission status. See page 4 for details.
- Tarjeta de identificación de recreación se requiere para calificar para admisión de residente. Vea página 4 por información.
- Punch Cards, Quarterly, and Annual Passes are not considered resident ID's

To Err is Human...

Occasionally there may be an error in days, times, registration requirements or fees in our program booklet. When such errors do occur, the staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

Fee Information

Recreation Center Resident Card / Brighton Oasis Resident Card

1. Recreation Center ID cards are required to qualify for resident admission status
2. Proof of residency is required
3. Cards are valid for two years
4. Card Fee: \$5.00
5. A minor (17 and younger) must be accompanied by a parent or guardian when purchasing a Recreation Center ID card. The adult must meet the residency requirements of the minor.

Proof of Residency

1. Your current valid Colorado Driver's license with a current address; or
2. A valid Colorado identification card with a current address; or
3. A real estate tax notice, current utility bill, or a lease or rental receipt

For complete details on resident cards, please call (303) 655-2200 or visit the Brighton Recreation Center at 555 North 11th Avenue.

Tarjeta Residencial de el Centro de Recreación /Tarjeta Residencial de Brighton Oasis

1. Tarjetas de identificación se requiere para calificar para admisión de residente
2. Se requiere prueba de residencia
3. Las tarjetas son validas por dos años
4. El costo de la tarjeta es \$5.00
5. Un joven (17 años o menor) debera ser acompañado por un pariente or guardian al comprar una tarjeta de identificación de el Centro de Recreación. La persona adulta debera cumplir con los requisitos de residencia para el menor

Prueba de Residencia

1. Licencia de manejar de Colorado valida, con domicilio que sea corriente; o
2. Una identificación de Colorado, con domicilio que sea corriente; o
3. Una carta o documento de haciendas, o un recibo de ya sea luz, gas, agua, o recibo de renta

Para mas información sobre tarjetas residenciales, por favor llame (303) 655-2200 o visité el Centro de Recreación a 555 norte, avenida 11.



Fee Assistance

The City offers a reduced rate plan for individuals and families who apply for assistance and meet specific requirements. Applications may be picked up at the front desk. Please see the front desk staff for a list of specific recreation activities approved under the youth reduced rate program.

Corporate Membership Discount

This program is designed to offer employees of businesses located within the City of Brighton the opportunity to improve their wellness. Corporate discounts are available for individual 15-visit, quarterly and annual passes.

Don't Forget...

To bring a padlock or combination lock for the locker rooms. Loaner locks are provided by the Recreation Center with a \$5.00 deposit, your Recreation ID or your current Drivers License.

2014 Calendar of Events

SEP

1	Labor Day (Recreation Center closed - Brighton Oasis Open)
6	Youth Flag Football
8	Recreation Center closed for annual maintenance
22	Recreation Center Re-Opens
27	Teens: Putting Edge Mini Golf
29	Women's Volleyball CARA Swim Team

OCT

1	Silver Boomers Weight Lifting
11	Girls Volleyball
16	Youth Weight Room Orientation
18	Hunter Safety Education Teens: FrightFest at Elitch Gardens
27	Mon/Wed Swim Lessons Begin

NOV

1	Senior Craft Fair
3	Kinder Prep
22	30th Annual Turkey Trot 5K Run/Walk
27	Thanksgiving Day (Recreation Center closed)

DEC

6, 7	Christmas Play: The Elves and the Shoemaker
13	Festival of Lights Parade & Winter Festival
24	Christmas Eve (Recreation Center closed at 12:00 noon)
25	Christmas Day (Recreation Center closed)
30	Teens: Snow Tubing/Beau Jo's Pizza
31	New Year's Eve (Recreation Center closed at 5:00pm)

Facility Reservation Information

Community Room Reservations

The Recreation Center has three community rooms available for reservation. Each room may be used separately or as one large room. The maximum seating for each room is 60 banquet style and 100 theater style. The maximum number for all three rooms is 190 banquet style and 250 theater style. Community Rooms may be reserved up to one year in advance.

Rooms	Resident/ Non Resident	Profit	Non-Profit	Damage Deposit No Alcohol/With Alcohol
1 Room	Resident	\$30.00/hr	\$15.00/hr	\$150/\$250
	Non-Resident	\$50.00/hr	\$25.00/hr	\$150/\$250
2 Rooms	Resident	\$60.00/hr	\$30.00/hr	\$250/\$350
	Non-Resident	\$100.00/hr	\$50.00/hr	\$250/\$350
3 Rooms	Resident	\$90.00/hr	\$45.00/hr	\$350/\$450
	Non-Resident	\$150.00/hr	\$75.00/hr	\$350/\$450

Additional Fees: All rentals incur a \$25 set up fee. Kitchen is a flat fee of \$30. Additional charges for after hours rentals of \$10/hour.

Security

All events requesting alcohol are required to be monitored by (1) off duty Brighton Police Officer for parties of 60 persons and under and (2) off duty Brighton Police Officers for parties over 60 persons. The officer(s) must be present one-half hour before alcohol is to be served and must be present through the remainder of the event. The Brighton Recreation Center will make arrangements for all security. Alcohol may be served for a maximum of four hours and must be discontinued by 11:00 pm. Alcohol is limited to beer & wine only, with no glass containers. The fee for security is \$40/hr/officer.

Classroom A & B

The Recreation Center also has two classrooms available that function as small party or meeting rooms. Maximum capacity for each classroom is 15 persons. No alcohol permitted in classrooms.

Resident	Non-Resident	Deposit (required)
\$15.00/hr	\$30.00/hr	\$75.00



Community Garden Rental Information

\$20 for residents/\$30 for non-residents – all plots are the same price. The Community Gardens are located at

Adventist Garden	781 S 5th Ave between Voiles St & Bromley Ln
Denver St.	1119 E Denver St near the Brighton Recreation Center
Ken Mitchell Garden	889 Kinglet Court adjacent to Ken Mitchell Park, includes smaller raised beds
Northgate Garden	4801 Mt Evans St in the Northgate subdivision
Zion Garden	395 S. 14th Ave. adjacent to Zion Lutheran Church

Plots are available for reservation for 2015 growing season, beginning at 7am on Friday, January 23, 2015 for Brighton residents and at 7am on Friday, February 6, 2015 for non-residents. Returning gardeners will be allowed to reserve their same plot on a space available basis.



Brighton Oasis

Information about Brighton Oasis reservations will be available in the Winter Brochure. Reservations for the Summer 2015 season will be accepted starting in January 2015.

Facility Reservation Information

Park Shelter Rental Information

Park Shelters	
Resident	Non-Resident
\$45.00/hr	\$55.00/hr

Benedict Spray Park Shelter	
Resident	Non-Resident
\$65.00/hr	\$85.00/hr
Spray Park @ Benedict Park is open 10am-7pm	

Shelters may be rented with some limitations on seasonal availability.

Benedict Park, Brighton Park & Carmichael: Available for rent for events mid-May through mid-September

Emi Chikuma Splash Pad at Benedict Park: Open from Memorial Day Weekend through Labor Day

BJAA, Dewey Strong, Donelson, Farmers & Pheasant Ridge:

Available for rent for events June through August

- Reservations must be made at least 14 days in advance and payment is due at the time of the reservation.
- All other shelters not listed will operate on a first come, first serve basis.
- All Park shelters are on a first come, first serve basis late September through mid May.
- Reservations are accepted for the 2015 season starting in **January 2015.**

1886 Church Reservations

The 1886 Church is available for rentals and tours. The 1886 Church is located at 147 S. 1st Ave., Brighton Colorado. The church can seat approximately 60 people. Folding chairs can be placed in the church to accommodate 10-15 additional people. (Chairs are not provided.) Restrooms not available.

The fee schedule is as follows:

- \$150.00 Deposit to reserve the date of the rental
- \$35.00 Deposit for the check-out of the keys
- \$50.00 Resident rental fee
- \$70.00 Non-Resident rental fee

For more information regarding all rentals please contact the Recreation Center at 303-655-2200.

Refund Policy for Facility Rentals

For Community Rooms & the 1886 church:

If a cancellation is 30 days prior to the event, there is a \$30 cancellation fee. For cancellations less than 30 days prior to the event, the entire damage deposit is forfeited.

For Park Shelters:

- No refunds with less than 10 days notice.
- No refunds for inclement weather.
- There is a \$5 cancellation fee for all park shelter cancellations.

For Community Gardens:

- No refunds after the Gardening Season has started (when the water is turned on)
- There is a \$5 cancellation fee for cancellations prior to the start of the Gardening Season.

For Brighton Oasis Rentals:

- If a cancellation is less than 15 days prior to the event, the entire damage deposit is forfeited.
- There is a \$5 cancellation fee for rentals with 15 days notice.

For more information regarding all rentals please contact the Recreation Center at 303-655-2200.



Aquatics

Indoor Pool - General Information

The Brighton Recreation Center offers a 5 lane, 25 yard, year round pool for leisure swimming, lap swimming, fitness lessons and educational programming. For you and your family's enjoyment, there is a leisure pool with bubble bench, water works and slide.

Aquatics Contact Information

Aquatics Coordinator:

John Workman - JWorkman@brightonco.gov
303-655-2212

Pool Managers:

Angela Yazdani - AYazdani@brightonco.gov
303-655-2213
Carleen Lehr - Clehr@brightonco.gov
303-655-2211

Hours of Operation

Monday through Thursday

5:30 am - 8:30 pm

Friday

5:30 am - 6:00 pm*

*Close at 6:30pm thru August 8

Saturday

7:00 am - 5:30 pm

Sunday

10:00 am - 4:30 pm

The Recreation Center Pool is available for open and lap swimming daily. The pool closes 30 minutes before the Center closes. The pools are closed on Mon/Wed from 5:30pm-6:10pm due to programming.

Pool Closures

There will be no open swim during M/W and T/Th swim lessons. Saturday mornings the leisure pool will open at 10:15 am for open swim. During CARA swim practice, the entire lap pool is closed.

Slide and Waterworks Schedule

Monday - Thursday

10:15 am - 4:15 pm

6:15 pm - 8:30 pm

Friday

10:00 am - 6:00 pm*

*Close at 6:30pm thru August 8

Saturday

10:15 am - 5:30 pm

Sunday

10:00 am - 4:30 pm

During all group swim lessons and water aerobics classes, the slide, bubble bench and waterworks will be closed.

Rest Period

Every hour on the hour from 12:00 pm to 4:00 pm, there is a 10 minute rest period. Both pools will be cleared except for ADULT (17 years of age and older) lap swimmers and adults with infants under one year of age.

DON'T FORGET

You must wear a swimsuit in our pools.

No basketball shorts, tee shirts or street clothes.

Trajes de baño son requerido en las albercas. No pantalones cortos de baloncesto, camisetas de algodón o ropa de calle.

Hot Tub, Dry Sauna & Steam Room Rules

GENERAL

1. You must wear proper swim wear in the hot tub, steam room, and sauna. No long sleeves or pants.
2. You must shower before entering.
3. You must be at least 17 years old.
4. Electrical or battery operated equipment may be damaged by hot temperatures.
5. No spitting or release of bodily fluids allowed. Violators will be asked to leave.
6. No shaving or pumice stones allowed.
7. Be cautioned that long exposure to these high temperatures may cause fatigue, dizziness, shortness of breath and nausea. Please do not spend more than 15 minutes in hot tub.
8. If you are pregnant or have a heart condition, please consult your physician before using the hot tub.
9. **Do not** pour water in the sauna, as it will damage the heating element.
10. No public displays of affection allowed in facility.

Open Swim Note:

All groups of 10 participants or more must be pre-approved by Aquatics Coordinator.

PARENTAL SUPERVISORY RULE:

- Children ages 6 and under must be accompanied within arms' reach by a parent or guardian age 16 years or up when in the pool. (No exceptions.)
- Children 7 years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck.
- Adult to child under age 6 ratio not to exceed 1 adult to 3 children.
- Niños 6 años y menor deben ser atendidos dentro de la distancia de sus brazos por un padre o supervisor 16 años o mayor en la alberca. (No excepciones.)
- Niños 7 años de edad deben ser supervisados por un padre o supervisor 16 años o mayor de la plataforma de la alberca.
- Adulto a niños proporción para no exceder 1 adulto a 3 niños.

Aquatics

Pool Regulations

1. Pool area is closed when no lifeguard is on duty.
2. A complete soap shower is required before entry to the pool area.
3. No running in the pool area.
4. Excessive splashing or horseplay is not allowed.
5. Swimsuits are required. No street clothes including t-shirts and basketball shorts.
6. No throwing balls or objects in pool area.
7. NO DIVING Only permitted under Instructor Supervision
8. No food, gum, drinks or tobacco products.
9. No glass on pool deck.
10. No spitting or other rude behavior.
11. Flotation devices must be approved by the pool manager.
12. No water wings.
13. No street shoes allowed on the deck.
14. Children ages 6 and under must be accompanied within arms' reach by a parent or guardian aged 16 years or up when in the pool. (No exceptions.)
15. Children 7 years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck.
16. Infants must wear swim diapers – NO REGULAR DIAPERS.
17. Instructions from the lifeguards must be obeyed at all times.
18. No public displays of affection.
19. Failure to comply with pool rules will result in expulsion from facility.

Don't forget . . . to bring a padlock or combination lock for the locker rooms. Loaner locks are provided by the Recreation Center with a \$5.00 deposit.
For information on Aquatics call (303) 655-2212 or visit www.brightonco.gov

Waterslide Regulations

1. One rider at a time.
2. Adults may ride with one small child.
3. Face up, feet first only.
4. First person in line must wait until previous rider passes the red line.
5. No stopping or standing in the slide.
6. Flotation devices are not allowed on the slide.
7. All normal pool rules apply.
8. No metal objects allowed.
9. No catching children at bottom of slide.
10. Riders must clear the entry area immediately.
11. No swimming or walking in the slide splash-down area.

Reglas de la Alberca

1. La alberca esta cerrado cuando no hay salva vidas en turno.
2. Se requiere un baño de jabon antes de entrar a la alberca.
3. No se permite correr en el area de la alberca.
4. No se permite salpicar damasiado, ni juego rudo.
5. Los trajes de baño son requeridos. Ninguna ropa de calle inclusivo a camisetas de algodón y pantalones cortos de baloncesto.
6. No se permite tirar balones o objetos en la area de las albercas.
7. No se permiten maromas, clavados de espalda, o brincos Solamente con el supervision del Instructor.
8. No se permite comida, chicle, bebidas, o productos de tabaco.
9. Ningun tipo de vidrio se permite alrededor de la alberca.
10. No se permite escupir, o mal comportamiento.
11. Flotadores son permitidos SOLAMENTE cuando son aprobados por el gerente de la alberca.
12. No flotadores tipo "ala" por favor.
13. Zapatos no son permitidos alrededor de la alberca.
14. Niños 6 años y menor deben ser atendidos dentro de la distancia de sus brazos por un padre o supervisor 16 años o mayor en la alberca. (No excepciones.)
15. Niños 7 años de edad deben ser supervisados por un padre o supervisor 16 años o mayor de la plataforma de la alberca.
16. Niños infantiles deberan usar pañales apropiado para la agua – no se admiten pañales regulares.
17. Instrucciones de los salva-vidas deberan ser obedecidas todo el tiempo.
18. Demostraciones de afecto en publico no es permitido.
19. Si no cumple con las reglas de la alberca, el resultad sera la expulsion de la facilidad.

Reglas de el Resbaladero

1. Una persona a la vez.
2. Adultos pueden usar el resbaladero con niños pequeños.
3. Pies primero, volteando hacia al frente.
4. Primera persona en linea debera esperar a que la persona anterior haya pasado la linea roja.
5. No se permite pararse o detenerse en el resbaladero.
6. No se permite "flotadores" en el resbaladero.
7. Todas las reglas normales aplican.
8. No se permiten objetos de metal.
9. No se permite coger los niños de la salida del resbaladero.
10. Debera quitarse de la entrada del resbaladero inmediatamente cuando haya paseado.
11. Ninguna natación ni andar en el área de amerizaje de resbalada.

Aquatics

Private Swim Lessons

Lessons are available for those who want more individualized attention. We have a "pool" of enthusiastic instructors looking forward to helping you or your child achieve your goals! Registrants may be subject to a wait list.

Semi-private lessons are for 2-3 children with an instructor. Participant must provide the additional student(s) to make it a semi-private lesson. Each lesson is 30 minutes long. If you would like to continue private lessons after your session has ended, you must contact the Pool Manager. Please purchase private lesson packs after you have set up the time and day of the first lesson with a swim instructor or manager.

Private Lesson Packages

Cost	Day/Time	Sessions
4 pk-\$82.00 PLPP4 8 pk-\$164.00 PLPP8	Times available upon instructor and student compatibility	Oct, Nov & Dec

Semi-Private Lesson Packages

Cost	Day/Time	Sessions
4 pk-\$48.00 SPLPP4 8 pk-\$96.00 SPLPP8	Times available upon instructor and student compatibility	Oct, Nov & Dec

CARA Swim Team

An introduction to competitive swimming including: freestyle, backstroke, breaststroke and butterfly. Continued stroke development and an introduction to swimming in a productive team environment are also developed.

Age Recommendation: 6-16 years or pass skills test at Level 5. Participants must be comfortable in the deep and shallow ends of the pool. Needs to be able to perform front and back crawl with rhythmic breathing unassisted for 25 yards. The swimmers will be swimming the length of the pool during practices so this is a requirement. The skills that need to be at least introduced to include breaststroke and butterfly as well as distance swimming.

Cost \$60.00

Days	Dates	Time	Session
Mon & Wed	Sep 29 - Dec 10 (No Class on Nov 26)	5:30-6:45pm	332000

Location: Brighton Recreation Center

CARA Swim Team Schedule

Dates	Time	Location
October	TBA	TBA
November	TBA	TBA
December	TBA	TBA

Master's Swim Team

Do you want to swim on an adult swim team to improve your endurance and strength? Do you need motivation and coaching to swim a good work out? Come join the Master's Swim Team today! This hour long workout will be provided with proper direction and technique improvement to build your strength, endurance and times.

Cost \$35.00

Age	Days	Dates	Time	Session
17+	Mon/Wed	Sep 29-Dec 10 (no class on Nov 26)	6:00-7:00am	332001

Location: Recreation Center Pool

Swim Lesson Information

Swim Lesson Quick Tips

- There is no sure way to predict how quickly your child will progress. Consider that most children do not move directly from level 2 to level 3 or from level 3 to level 4.
- Pollywogs is similar to Level 1 while Guppies is similar to Level 2. The reason for the preschool separation is to avoid huge age differentials i.e., a 4 year old in Level 1 with a 9 year old
- Please keep in mind the benefit of being added to the waitlists. Your child may end up in a class. There have been changes to the way you sign up for waitlist. There is now only one waitlist for evenings and one for morning for each session. We will open up whichever class has the highest demand.
- If you want your child to be safe around the water by summer, sign them up for swim lessons now!
- Contact aquatic management for any questions or concerns regarding your child's swim level placement including future registration.

Swim Lesson Registration

Swim lessons are held at:

Brighton Recreation Center, 555 North 11th Avenue

Please review our refund policy

- All time slots must have at least 3 registrants. Classes below the minimum will be cancelled. (Excluding private and semi-private lessons.)
- Cancellation deadline for all lessons is five (5) business days before each session begins. You will not receive a refund after this time has passed.
- Class maximums are set for quality and safety reasons. Please sign up for the correct class. You can contact aquatic management for assistance in this process.
- Fees must be paid at time of registration.

**Note: A parent or legal guardian may only register their child(ren) under age 18.*

Aquatics

SWIM CLASS DESCRIPTIONS

There is a maximum of 5 participants in each class, excluding the class "Water Babies" which has a maximum of 10 children and their parent. To register, contact the recreation center (303) 655-2200. Please refer to age ranges when enrolling students. To ensure class safety, students enrolled incorrectly may be removed from lessons if we do not have room for them to move to the correct class. For more information on swim lessons and placement, contact the Pool Manager at (303) 655-2213.

WB

Water Babies:

Ages 6 months - 3 years

Parents must accompany the child in the water. Safety, water adjustment, and water exploration are a few of the skills that will be taught to the parents to enable them to teach their child outside of the structured class as well as introducing a student/instructor relationship.

PBP

Preschool Beginner Pollywogs

Ages 3-5 years

There are no prerequisites. This class is recommended for children who have little to no experience in the water and will be introduced to the teacher/student relationship. The objective is to help students feel comfortable in the water and to learn how to enjoy the water safely. Students will be introduced to proper breath control, putting their face in the water, assisted floating front/back, assisted front glides. Underwater exploration will be introduced. Students will progressively learn to demonstrate skills independently. Students that successfully pass this class will be able to demonstrate front floats and back floats independently for 10 seconds each. Please refer to age ranges when enrolling students.

PG

Preschool Guppies

Ages 3-5 years

This class is recommended for students that have successfully passed Preschool Beginner Pollywogs. Students will build on the basic fundamentals learned in the beginner class including underwater exploration. Independent front glides and back glides will be the focus of this class and the foundation of freestyle and backstroke. To pass this class, students must be able to independently demonstrate front glides and back glides for 10 seconds or two body lengths. Whichever distance is further. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Preschool Minnows.

PM

Preschool Minnows

Ages 3-5 years *Class will be held in the lap pool*

This class is recommended for students that have successfully passed Preschool Guppies. Students will continue independent swimming progressions in this class including proper freestyle starts from the side of the wall, introduction to beginner freestyle, proper starts for back stroke and beginner back stroke. Students that successfully pass this class must be able to swim independently and comfortably half the length of the lap pool (both beginner freestyle and back stroke). Class participants will swim in the lap pool most or all days. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Level 3.

1

Level 1: Water Exploration

Ages 6+

There are no prerequisites. This class is recommended for children who have little to no experience in the water. Students will be introduced to the teacher/student relationship. The objective is to familiarize students' to the water and to learn how to enjoy the water safely. Students will be introduced to breath control, putting their face in the water, assisted front/back floats, and front glides. Underwater exploration will also be introduced. Please refer to age ranges when enrolling students.

2

Level 2: Fundamental Skills

Ages 6+

This class is recommended for students who have successfully completed level 1. The objective is to build students' confidence with fundamental skills previously learned including underwater exploration. Other skills include breath control, front/back glides and an introduction to freestyle and back stroke. Students will progressively learn to demonstrate front glides and back glides independently.

3

Level 3: Stroke Mechanics

Ages 6+

This class is recommended for students who have successfully completed level 2. The objective is to continue progressions with the strokes introduced in level 2. There will be a focus on freestyle and back stroke. Students will continue refining proper breathing techniques for each stroke learned. There will be an introduction to breast stroke and elementary back stroke as well as an intro to treading water. Students need to be able to swim half the length of the lap pool independently demonstrating freestyle and backstroke to register for the next class.

4

Level 4: Stroke Mechanics

Ages 6+

This class is recommended for students who have successfully completed level 3. The objective is to develop proper stroke technique and endurance. Freestyle and back stroke skills will be refined with drills and distance swimming. Proper side breathing technique for freestyle will be taught. Breast stroke and elementary back stroke will continue to be practiced. Intro to butterfly will begin here.

5

Level 5: Stroke Refinement and Endurance

Ages 6+

This class is recommended for students who have successfully completed level 4. There will be a focus on building swimming endurance with all four competitive strokes as well as refining technique. Students in this class will begin to swim 50 yards at a time for each stroke. After completion of this class, the student should be able to swim laps comfortably. After completion of this class, it is strongly recommended to join the CARA swim team to maintain skills and promote healthy exercise habits.

Aquatics

2014 FALL SWIM LESSONS

Please show up 5 minutes early to your first class. Water Babies (Parent-tot) classes (for children ages 6 months to 3 years) are separate registration numbers, see below. Class size will range from 3-5 participants per instructor.

Second Session Registration: Thursday October 16th

Residents in person at 7am, on the phone at 8am, online at 7am
Open Registration in person at 1pm, on the phone at 2pm, online at 1pm

Monday / Wednesday Morning Swim Lessons

8:30am-9:00am	Pollywogs	Minnows
	332020	332110
9:05am-9:35am	Water Babies	Guppies
	332010	332030

Each session consists of eight 30-minute lessons for \$25.00

Choose your session	
Session A	Sep 29 - Oct 22
Session B	Oct 27 - Nov 19

Monday / Wednesday Afternoon Swim Lessons

4:30pm-5:00pm	Pollywogs	Level 2	Level 3	Guppies	Level 5
	332026	332050	332060	332037	332080
5:05pm-5:35pm	Level 1	Level 2	Minnows	Level 4	Guppies
	332042	332051	332111	332071	332031
5:40pm-6:10pm	Water Babies	Pollywogs	Level 1	Level 2	Level 3
	332011	332021	332043	332052	332062

Each session consists of eight 30-minute lessons for \$25.00

Choose your session	
Session A	Sep 29 - Oct 22
Session B	Oct 27 - Nov 19

Tuesday / Thursday Afternoon Swim Lessons

4:30pm-5:00pm	Water Babies	Guppies	Level 5	Level 2	Level 3
	332012	332032	332200	332053	332063
5:05pm-5:35pm	Pollywogs	Minnows	Level 2	Level 3	Level 4
	332022	332112	332054	332064	332072
5:40pm-6:10pm	Pollywogs	Level 2	Guppies	Level 4	Level 1
	332023	332055	332033	332073	332048

Each session consists of eight 30-minute lessons for \$25.00

Choose your session	
Session A	Sep 30 - Oct 23
Session B	Oct 28 - Nov 20

Saturday Morning Swim Lessons

8:30am-9:00am	Water Babies	Pollywogs	Minnows	Level 2	Guppies
	332013	332024	332113	332056	332034
9:05am-9:35am	Pollywogs	Guppies	Level 2	Level 3	Level 4
	332025	332035	332057	332065	332074
9:40am-10:10am	Level 1	Pollywogs	Level 3	Guppies	Level 5
	332047	332027	332066	332036	332082

Each session consists of four 30-minute lessons for \$12.00

Choose your session	
Session A	Sep 27 - Oct 18
Session B	Oct 25 - Nov 15

Youth Sports

Lil Kickers

An introduction to the game of soccer for your little one. Lil Kickers is three-on-three soccer with no goalie. Practice on Saturdays 30 minutes before the game. Coaches will be required to officiate Lil' Kickers games. Parents are needed to coach!

Deadline to register: August 7

Cost \$35.00*(shirt included)

**A \$5.00 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
4-5 yrs	Saturday	9:00am-2:00pm	Aug 16-Sep 27	120018

Youth Soccer

Boys and Girls! Join the Youth Soccer League for fun and skill development. Games are played at Brighton, Benedict and Donelson Parks on Saturdays, beginning in August. Ages 6-12 years old. Be your child's coach and receive free professional instruction, great family time for everyone involved! No experience required.

Parents: Be sure to pick up handout at registration. The recreation center reserves the right to make leagues co-ed if necessary.

Deadline to register: August 3

Cost \$40.00*(shirt included)

**A \$5.00 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
U6 Girls	Saturday (games) Practice (weekdays)	Games 8:30am-2pm	Aug 23-Oct 11	120019
U6 Boys	Saturday (games) Practice (weekdays)	Games 8:30am-2pm	Aug 23-Oct 11	120020
U7 Girls	Saturday (games) Practice (weekdays)	Games 8:30am-2pm	Aug 23-Oct 11	120021
U7 Boys	Saturday (games) Practice (weekdays)	Games 8:30am-2pm	Aug 23-Oct 11	120022
U9 Girls	Saturday (games) Practice (weekdays)	Games 8:30am-2pm	Aug 23-Oct 11	120023
U9 Boys	Saturday (games) Practice (weekdays)	Games 8:30am-2pm	Aug 23-Oct 11	120024
U12 Girls	Saturday (games) Practice (weekdays)	Games 8:30am-2pm	Aug 23-Oct 11	120025
U12 Boys	Saturday (games) Practice (weekdays)	Games 8:30am-2pm	Aug 23-Oct 11	120026

Location:

• **Games – Donelson, Benedict & Brighton Park**

• **Practice – Local Parks**

** U indicates "under". For instance U12 indicates players are under 12, U9 indicates the division is for players under 9 years of age. Players must meet the minimum age for the program, (6 years of age and be no younger than 1 year less than minimum age for age division).*



Cross Country

Cross Country running is offered to youth 8-14 years of age. Youth interested in distance running start learning the mental and physical demands of the sport. Participants attend cross country meets with the same age youth across the metro area. Please bring a photocopy of birth certificate.

Cost \$30.00(shirt included)

Age	Day	Time	Date	Session
8-14 yrs	Tue & Thu	5:00-6:00pm	Aug 5-Oct 30	120014

Location: Brighton Park - adjacent to the Brighton Recreation Center

Coach: John Martinez 720.422.0591 : Jennifer Kite 303.210.2661

Kiwanis All-Comers Cross Country Championship

Sponsored by the Brighton Kiwanis and the City of Brighton. This meet will determine the qualifiers for the Colorado AAU Regional Championships. From the Regional Championships, individuals and teams will qualify to attend the AAU National Championships. The event is open and free of cost to everyone in the community and schools.

Registration & Event: 10am September 13 Cost FREE!

Age	Day	Time	Race
7-8 yrs	Saturday, September 13	10:00am	2K
9-10 yrs	Saturday, September 13	10:00am	3K
11-12 yrs	Saturday, September 13	10:00am	3K
13-14 yrs	Saturday, September 13	10:00am	4K

Coach: John Martinez (720) 422-0591

Youth Sports

Youth Basketball

It's time to polish defensive, shooting, dribbling and team basketball skills. Youth Basketball is offered to boys and girls ages 6 to 12.

Practices are held twice a week and games are played on Saturdays.

Deadline to register: December 19

Cost \$45.00*(shirt included)

**A \$5.00 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
6-7 yrs Girls	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130001
6 yrs Boys	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130002
7 yrs Boys	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130003
8-9 yrs Girls	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130004
8 yrs Boys	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130005
9 yrs Boys	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130006
10 yrs Girls	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130007
11-12 yrs Girls	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130008
10 yrs Boys	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130009
11-12 yrs Boys	Saturday (games) Practice tbd	8:30am- 2pm	Jan 17-Feb 28	130010

Location: Brighton Recreation Center Gym and local school gyms.

Youth Flag Football

This program focuses on skills, training and fun. No blocking in this fast-paced football game. Practice twice a week and games on Saturday.

Deadline to register: August 22

Cost \$45.00*(shirt included)

**A \$5.00 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
6-7 yrs	Saturday (games) Practice tbd	9:00am-2:00pm	Sep 6-Oct 11	122015
8-9 yrs	Saturday (games) Practice tbd	9:00am-2:00pm	Sep 6-Oct 11	122016
10-12 yrs	Saturday (games) Practice tbd	9:00am-2:00pm	Sep 6-Oct 11	122017

Location: BJAA Park

Girls Volleyball

8-12 year old girls learn the game of volleyball with an emphasis on FUN! Development of volleyball fundamentals and safety stressed.

Practice is held twice weekly and games played on Saturdays.

Deadline to register: September 26

Cost \$35.00*(shirt included)

**A \$5.00 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
8-9 yrs	Saturday	8:30am-2:00pm Games	Oct 11-Nov 15	120027
10-12 yrs	Saturday	8:30am-2:00pm Games	Oct 11-Nov 15	120028

Location: Brighton Recreation Center Gym



Youth Sports

Youth Sports Association Contact Numbers

City of Brighton Youth Sports	John Krumpholz	(303) 655-2208	
City of Brighton Adult Softball and Sports	D.R. Dill	(303) 655-2203	
Brighton Youth Baseball Association Recreation & Competitive - (5-14 years)			www.brightonyouthbaseball.com
Track (indoor and outdoor)	John Martinez	(720) 422-0591	
Brighton Youth Association Football	Lance Murphy	9720) 883-1876	www.brightonyouthfootball.com
FC Brighton Soccer			www.fcbrampton.com
Bull Frogs Swimming Team	Carl Diehl	(303) 440-6798	
Sports Hot Line		(303) 655-2210	

Call the Brighton Recreation Center's "Sports Hot Line" for current information about possible program cancellations, including cancellation due to inclement weather conditions.

City of Brighton Youth Sports Registration - Timelines & Policies

Brighton Youth Sports typically has 3 registration phases, Open Registration, Late Registration and Waitlist Registration. Our approximate timeline is as follows:

- Approximately 4-6 weeks of Open Registration; registration at the designated fee without additional charges.
- Approximately 1-2 weeks of Late Registration; registration taken with an additional late fee assessed, (if space permits.)
- Approximately 1-2 weeks of Waitlist Registration; participants will be placed on a waitlist and may be added if the program can accommodate additional participants. Fees will not be collected during this phase of registration. Fees are collected when the participant is added to the enrolled roster.

**Those registered during Waitlist Registration are not guaranteed registration for the activity.*

Please understand that although Brighton Youth Sports exists to serve as many participants as is logistically possible, late registration often strains the timeline and resources of the program and often causes those registered before the deadline to be inconvenienced. In order to maintain the quality and integrity of the program, deadlines must be adhered to in strict manner.

- Participants who register during the Late Registration Period and during Waitlist Registration will often be added to teams at a later date than those registered during Open Registration
- Programs will be advertised in our Parks and Recreation Guide distributed by mail to Brighton residents and available at the Brighton Recreation Center.
- Although other methods of promotion will be used, it is the responsibility of the participant and his/her parents to become aware of registration timelines.

Registration is taken in person at the Brighton Recreation Center or by telephone at 303-655-2200.

Youth Sports

TEAM SELECTION PROCEDURE

The following procedure will be used in forming teams in each youth sports program.

1. Youth player registration will be open for at least one month.
2. The Youth Sports Coordinator will open a certain-number of teams, depending on the anticipated number of participants. Each team will have a roster limit, after these spots are full, there can be no additional registration for that team. Each team will be assigned a team letter or name. Teams will already be grouped by the following criteria:
 - a. Age Division (Grade level or actual age)
 - b. The player's gender, (Brighton Youth Sports reserves the right to make teams co-ed if the situation requires).
3. Players may be registered to any of the teams for which they fit the criteria; (a 7 year old boy may be registered for any 7 year old boy's team), and for which there are roster spots available.
4. Individual coaches will contact players after the rosters are made official and distributed at the coaches meeting for that sport.
5. The City of Brighton Youth Sports Staff must retain the right to reallocate players in order to maintain control over team balance. If a team proves to be exceptionally competitive, Youth Sports Staff reserves the elastic right to separate those players.
6. Participants must turn the minimum age for the program before the last scheduled day of the program.
 - a. Registrants will only be allowed to move up one age division. However, the participant must meet the minimum age for the activity. (ex: for youth soccer, players must turn 6, the minimum age for the program, by the last scheduled game or day of the program.)
7. Registration will be open after teams are chosen but only on a space-available basis. Late registrations will be placed according to the number of open positions on rosters. Late registrations can only be placed where there are roster spots available - specific team assignment is forfeited after the deadline.
8. After the registration deadline has passed, a waiting list will be kept. The person at the top of the waiting list will be contacted if a roster spot becomes available.
9. Once a team has practiced for two weeks or played any regular season games, participants are not allowed to switch rosters and play for an other Brighton Youth Sports team in the same sport.
10. Participants must not change teams without the express permission of the youth sports coordinator. Coaches do not have the authority to transfer players to different teams.



Youth Programs

Birthday Party Information

Let us help plan your child's birthday celebration. Birthday parties are held Saturday and Sunday from 1:00pm–2:00pm with swimming from 2:00pm–4:00pm. Parties are for youth 12 years and under and for 16 people total.

Package A

Solid Party – Color choices: Pink, Purple, Yellow, Blue, Red, White, Orange or Green (1 or 2 colors per party.)

Cost: \$80.00 plus deposit for 16 people

Package B

Theme Party Examples: Go Diego! Dora the Explorer, Princesses, Curious George. Themes subject to change depending on availability.

Cost: \$95.00 plus deposit for 16 people

Both packages include: Quarter-sheet cake in your choice of flavors, two 2-liters of soda, plates, cups, napkins, spoons, swimming cards and the right number of candles. Bring your own lighter or matches.

** All pool rules apply to birthday party participants.*

Upgrade to a Cold Stone Creamery ice cream cake.

Choose One of Each:

Cake Flavor:

Vanilla, Chocolate or Marble

Ice Cream Flavor:

Vanilla, Chocolate or Oreo

Package A: Add \$ 10.00

Package B: Add \$ 15.00



UPDATES!

To get updates and reminders about youth programs and classes available through the Recreation Center



LIKE US on Facebook under
Brighton Recreation Center
Youth & Teen Dept

Parental Supervisory Rule

For the safety of your child at all aquatic facilities in the City: Children 6 years and under must be accompanied by a supervisor in the water, 16 yrs. or up when in the pool. Children 7 years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck. Adult to child under age 6 ratio not to exceed 1 adult to 3 children.

- Call (303) 655-2200 for more information and reservations
- Make your reservations at least two weeks prior to party date
- A \$50.00 damage deposit is required at the time of reservation
- Remember to bring locks for the locker room



KIDS CORNER

➔ Hours Starting August 18 ➔

Monday through Friday 8:00am – 11:30am
Monday through Thursday 5:30pm – 8:30pm

- Kids Corner provides supervised child care for children 6 months through 7 years of age.
- Child care is available for children while parents are using the Recreation Center.
- Parents need to register their children upon arrival.
- Reloadable Child care punch cards are available for purchase at the front desk and reloadable in 2, 5 or 15 hour cards.
- Only punch cards are accepted in child care; No cash.
- Cost is \$1.50/hour per child
- There is a 90-minute time limit per visit.
- Please bring a labeled drinking cup or a water bottle and a snack for your child

Youth Programs

Preschool Age Programs

These revamped programs provide a great opportunity for children to engage with peers in a supervised group environment that encourages creativity, interaction, socializing, problem solving and communication. Children are lead through different activities to enhance fine and gross motor skills with age appropriate games, stories, songs, crafts and worksheets.

Wee One's - NEW Age Range!!

Through the exploration of various games, crafts, books and activities, we focus on individual and group socialization plus cooperative play in a fun and colorful setting. Parents must remain in the building during this program.

Min/Max: 6/8

Cost: \$36.00

Age	Day	Date	Time	Session
2.0-3.0yrs	Tue/Thu	Sep 23-Oct 30	8:30-9:15am	430003A
		Nov 4-Dec 18*		430003B

*No class the week of Nov 25

ABC's & 123's-NEW Time Frame & Structure

This class prepares little ones for pre-school with first learning basics for a successful classroom environment such as holding a pencil, sitting with a group and at a table, participating, listening, sharing and instruction. Children learn socialization skills, numbers, colors, letters and much more. Activities include arts and crafts, games and songs. Send your child with a small snack daily.

Min/Max: 6/10

Cost: \$76.00

Age	Day	Date	Time	Session
3.0-4.0yrs	Tue/Thu	Sep 23-Oct 30	9:30-11:30am	430004A
		Nov 4-Dec 18*		430004B

*No class the week of Nov 25

KinderPrep-NEW Time Frame & Structure

Not ready for kindergarten yet? This program reinforces classroom etiquette and socialization skills while providing a more intricate look at concepts such as patterning, categorization, rhyming and scissor skills while still exploring letters, numbers and shapes in a fun and structured environment through activities, crafts, games and songs.

Min/Max: 6/10

Cost: \$115.00

Age	Day	Date	Time	Session
4.0-5.0yrs	Mon/Wed/Fri	Sep 22-Oct 31	9:00-11:00am	430021A
		Nov 3-Dec 19*		430021B

*No class the week of Nov 25

For All Classes Listed In this Section:

- Children must be toilet trained to attend any of the classes.
- All classes are held at the Rec. Center unless otherwise noted
- The stated age requirement must be reached by the date of the first class

Kids in the Kitchen!

Kids will learn about kitchen safety practices, food preparation, ingredients, measuring, following recipes, proper use of kitchen tools and appliances. The class also enjoys sampling the treats they make and taking home recipes.

Min/Max: 6/10

Cost:\$25.00

Age	Day	Date	Time	Session
7-12 yrs	Wed	Oct 15, 22 & 29	5:30-7:30pm	430030A
		Nov 12, 19 & 26		430030B
		Dec 3, 10 & 17		430030C

Kitchen Basics for Kids

Our young friends are introduced to basic concepts such as ingredients, measuring, mixing and instructions by creating items from no bake snacks to beverages and various kinds of playdough.

Min/Max: 6/10

Cost:\$15.00

Age	Day	Date	Time	Session
4-6 yrs	Tue	Oct 14, 21 & 28	5:30-6:30pm	430031A
		Nov 11, 18 & 25		430031B
		Dec 2, 9 & 16		430031C



Youth Programs

DANCE Programs

Preschool Ballerinas

Calling all preschool Ballerinas! Dancers will learn Ballet basics and dance to fun music. Attire: Leotard, tights & ballet shoes.

Min/Max: 5/14

Cost \$92.00

Age	Day	Date	Time	Session
3-5yrs	Sat	Sep 27-Dec 6	8:45-9:25am	430011A

* Includes recital and costume, no class 11/22 or 11/29

Ballet

Ballerinas will focus on proper Ballet form and technique while dancing to fun music. Attire: Leotard, tights & ballet shoes.

Min/Max: 5/14

Cost \$92.00

Age	Day	Date	Time	Session
5-8 yrs	Sat	Sep 27-Dec 6	10:15-10:55am	430011R

* Includes recital and costume, no class 11/22 or 11/29

Dance Combo

Dancers will focus on Ballet, Tap & Jazz technique. Attire: Leotard and tights, ballet shoes & tap shoes.

Min/Max: 5/14

Cost \$92.00

Age	Day	Date	Time	Session
3-5yrs	Sat	Sep 27-Dec 6	9:30-10:10am	430011B
5-8yrs			11:00-11:40am	430011C

* Includes recital and costume, no class 11/22 or 11/29

Lil Hip Hoppers

Dancers will engage in basic hip hop moves while dancing to fun and appropriate music. Wear comfortable clothing and tennis shoes.

Min/Max: 5/14

Cost \$92.00

Age	Day	Date	Time	Session
3-5 yrs	Sat	Sep 27-Dec 6	11:45am-12:25pm	430011T

* Includes recital and costume, no class 11/22 or 11/29

Lyrical Jazz & Hip Hop Mix

Dancers will engage in modern ballet technique as well as fun hip hop steps! Attire: Comfortable clothing or leotard & leggings; bare feet & sneakers.

Min/Max: 5/14

Cost \$92.00

Age	Day	Date	Time	Session
5-8 yrs	Sat	Sep 27-Dec 6	12:30-1:10pm	430011S

* Includes recital and costume, no class 11/22 or 11/29

ART Programs

Gallery On the Go – Kids n' Canvas

Join us for a Kids 'n Canvas Painting Party! We'll paint a fun themed painting, play games, jam to the music, and enjoy some refreshments. This is not a painting class; it's a PARTY! Bring your kids and their friends! Kids love to paint and be creative. We'll show them easy step by step instructions for a fun piece of art they can be proud of! All supplies and refreshments are included. For more information please contact mandy@galleryonthego.net.

Min/Max: 7/15

Cost \$17.00

Age	Day	Date	Time	Session
6-12 yrs	Wed	Sep 24	6:00-8:00pm	430026A
		Oct 8		430026B
		Nov 12		430026C
		Dec 10		430026D

NEW!! Gallery On the Go

Not a painting class; it's a PARTY! In just 2 hours, Instructor will instruct a pre-selected piece of artwork while guests enjoy painting & spending time with friends & family. Guaranteed to bring out creativity, fun and laughter! Limited seating! But don't worry – you don't need to be an artist to have fun at this party...it's the "Art of Socializing!" Adults are 18+. www.GalleryOnTheGo.net

- Easy step-by-step instructions!
- All supplies and snack included!
- Aprons are provided but please wear paint clothes
- Reserve your spot today!

Age: *Adult 18+

**Youth 6-13 yrs

Name	Day	Date	Time	Cost	Session
Halloween Painting	Wed	Oct 1	6:00-8:00pm	\$22* \$17**	230009C
Mother/Daughter	Sun	Nov 9	10:00am-12:00pm	\$22* \$17**	230009D
Canvas 'n Cheer	Thu	Dec 4	6:00-8:00pm	\$22* \$17**	230009E

Please Note. . . .

**All programs listed are held
at the Recreation Center
unless otherwise noted**

Youth Programs



We are pleased to announce hands-on science workshops and camps that include exciting experiments and interactive participation! Register early; space is limited.

These activity-based workshops are designed to get kids energized and excited about space science and exploration and participate in hands on experiments.

All workshops are \$20.00; book 2 for \$36

Lift Off Workshop

Prepare for LAUNCH! SpaceTime's **Lift Off** workshop will take kids on an amazing ride into the world of space exploration and the vehicles that make it happen. It's non-stop, high flying excitement that builds on the fun of our Rockin' Rockets programs with even more spacecraft building & launching and includes new activities like playing Wrist Rocket Rumble, designing their own rocket missions and launching rockets 100s of feet in the air.

Min/Max: 6/16

Age	Day	Date	Time
5 - 12 yrs	Sat	Sep 6	11:30am-1:30pm
		Nov 8	9:00-11:00am
		Dec 20	11:30am-1:30pm

Sailing the Solar System Workshop

Set sail on an amazing journey through our cosmic neighborhood with SpaceTime's **Sailing the Solar System** Workshop. This program will take kids on a hands-on & minds-on adventure through the Solar System where they will get to explore the moons of Jupiter & Saturn, search for signs of life on distant worlds, build their very own SpaceTime Cosmic Cruisers, pilot a remote controlled planetary crawler, test out their astronaut skills in our micro-gravity boots and much more. And be warned...you may get **Space Slimed**.

Min/Max: 6/16

Age	Day	Date	Time
5 - 12 yrs	Sat	Oct 11	9:00-11:00am
		Nov 8	11:30am-1:30pm

Interstellar Adventure Workshop

SpaceTime's **Interstellar Adventure** workshop takes kids on a journey beyond the edges of our Solar System to explore the many mysteries of deep space. Once they leave the confines of our solar neighborhood they will explore the challenges of a deep space journey including traveling at near the speed of light, piloting a nuclear powered spacecraft, taking shortcuts through wormholes and much more.

Min/Max: 6/16

Age	Day	Date	Time
5 - 12 yrs	Sat	Sep 6	9:00 - 11:00am
		Oct 11	11:30am - 1:30pm
		Dec 20	9:00-11:00am



Register for SpaceTime Workshops

- To register for the listed SpaceTime Workshops, please contact them at **720.851.7700** or at **www.spacetimekids.com**.
- For information regarding their programs, email info@spacetimekids.com

Youth Programs



**Join us for a night of fun.
Bring your friends and
make new ones, too!**

Call (303) 912-5763



Our programs provide
a safe, supervised environment
for kids ages 7-14
to be active, have fun,
make friends, and win prizes!

Games. Prizes. Music. Contests. Swimming.
Snacks, drinks and prizes available for purchase.

Brighton Recreation Center
555 North 11th Ave, Brighton, CO
Fridays. 7 - 10:30 p.m.
Admission: \$10 per person



www.kidsniteout.org

Teen Programs

TEENS OUT AND ABOUT..... The Brighton Recreation Center offers a recreation program designed for young people between the ages of 11-18 years. Your hard-to-please teenager can find plenty of cool things to do from art and fitness classes, teen trips and acting in our annual Christmas Play performed at the Armory at Brighton Cultural Center. Fall and early Winter is the perfect time to jump in the van and get out of town. Hey teens, and of course, parents - look through these pages and find things you'd like to do. You won't know unless you go....so sign up! Let's get mo-oo-ooving!!

Colorado Youth Adventures

Join us for trips around the Denver Metro area. Offered in cooperation with the cities of Broomfield, Hyland Hills Rec District, Englewood, Commerce City, Brighton, Estes Park Recreation. Building community among youth.

Rapids Game

Let's watch the Rapids take on the Seattle Sounders. A great day of Soccer! Price includes game ticket, food and drink vouchers. Invite your friends.

Min/Max: 4/8

Cost \$28.00

Age	Day	Date	Time	Session
11-18 yrs	Sun	Oct 5	11:30am-4:00pm	430118A

Frightfest at Elitch's

Join us as we head out to Elitches and Frightfest. We will spend the afternoon riding rides and then make our way through the haunted houses in the evening.

Min/Max: 4/8

Cost \$35.00

Bring xtra money for dinner and bring your sunscreen

Age	Day	Date	Time	Session
11-18 yrs	Sat	Oct 18	1:30-10:00pm	430118B

All Day Extravaganza

We will start the day at SkyVenture, for indoor skydiving. Then let's head to Jimmy John's for a great lunch. Our day will end at the bowling alley at Brunzwick Zone. That's some line up.

Min/Max: 3/8

Cost \$70.00

Age	Day	Date	Time	Session
11-18 yrs	Sat	Nov 15	9:00am-3:30pm	430118C

Snow Tubing and Beau Jo's Pizza

Have a blast mountain tubing at Colorado Adventure Park. Tubing is in Fraser and then we will stop at Beau Jo's for Pizza on the way home. Lunch is included in the fee, but you may want to bring a snack. Dress for the weather (hat, gloves, winter coat, snow pants, goggles and sunscreen).

Min/Max: 3/8

Cost: \$45.00

Age	Day	Date	Time1	Session
11-18yrs	Tue	Dec 30	8:00am-3:00pm	430118D

The Putting Edge

Enter a new dimension of fun with 18 holes of glow in the dark mini golf. The excitement of glow in the dark mini golf at its best. Perfect for a night out with friends. Meet at Recreation Center.

Min/Max: 4/8

Cost \$15.00

Age	Day	Date	Time	Session
13-15 yrs	Sat	Sep 27	6:00-9:30pm	430113J

The Wild Animal Sanctuary

A 720 Acre Wild Life Refuge with over 300 rescued Lions, Bears, and Wolves. Featuring a mile into the wild walkway. Check it out at www.WildAnimalSanctuary.org. Meet at Recreation Center.

Min/Max: 4/8

Cost \$18.00

Age	Day	Date	Time	Session
12-15 yrs	Sat	Sep 20	11:30am-3:30pm	430113L

Teen Leadership

Designed for middle schoolers who want to participate in leadership skill building and character development. Teens learn a lot about themselves, each other and the impact they can have as leaders in school and community! Meets weekly for 9 weeks at recreation Center. Course outline available.

Min/Max: 4/8

Cost \$15.00

Age	Day	Date	Time	Session
13-15 yrs	Mon	Sep 22-Nov 17	4:00-5:30pm	430116

Holiday Recipes & Crafts

Holidays are coming up - welcome friends and family into your home with homemade cookies and treats. New recipes - yum!! Eat what you make and take home what's left.

Min/Max: 3/6

Cost \$10.00

Age	Day	Date	Time	Session
8-15 yrs	Wed	Nov 5, 12, 19	2:30-5:00pm	430114

Location: Recreation Center

Rent-A-Court Wall Ball

It's volleyball with a twist! Played in our racquetball court, this game uses volleyball skills and is a lot of fun. You can use the walls too! Get some friends together & join in. Work off that Thanksgiving Turkey.

Min/Max: 4 (min. of 4 people needed)

Cost: Admission fee into facility

Age	Day	Date	Time
14-18yrs	Sun	Nov 30	10:00am-2:00pm

Court reservation is required. Call the front desk 303-655-2200

Teen Programs



CHRISTMAS PLAY The Elves & The Shoemaker

Try outs (walk in auction): Sep 6 from 12:00 - 3:00pm

First rehearsal: Sep 13 from 12:00-3:00pm @ Almost Home.

Performances: Dec 6 & 7 at the Armory

Cost (if cast): \$55.00 or \$75.00 for costume participation

Age	Rehearsals	Session
8-18 yrs	Begin on September 13	430115

For more information or to sign up for try outs, please contact Ruth Anderson at 303-655-2207 or email randerson@brightonco.gov

CONTACT US - Call • Click • or Come by!



Gotta Stamp?

Brighton Recreation Center
555 N. 11th Ave, Brighton, CO 80601



Wanna Call?

Teen Office: (303) 655-2207
Teen Hotline: (303) 655-2223



Email?

randerson@brightonco.gov



Website

www.brightonco.gov
Go to "Living Better in Brighton" under Teens



Facebook

LIKE US ON Facebook under "Brighton Recreation Center Youth and Teen Dept"

Parent Volunteers!

SHOW KIDS YOU CARE...PLAY TOGETHER!

Stay connected!!!

A little time makes a BIG difference! We need parent volunteers at our teen shows and other special events.

Please call the Teen Office at (303) 655-2207

Community Service Opportunities

The great relationship between the City of Brighton and School District 27J gives all 27J students an opportunity to complete their graduation requirements for community service.

Rent-A-Teen Partnerships

Community teens are available to assist with babysitting, lawn care, house cleaning, flyer distribution, pet care or other jobs around your house or business. Partner with a teen! Call us at 303-655-2207.

Age	Location
12-18yrs	Applications available at the rec center

Rent-A-Teen is an Information Service only. The City and Recreation Center accept no liability for the actions of persons involved in this program and does not guarantee the performance of teens listed in this service.

Festival of Lights/Winter Festival

Teens, Santa needs helpers! We need your help with the Festival of Lights! Festival of lights is December 13. There will be an orientation meeting at the Brighton Recreation Center, so come on by and bring a friend! Volunteer hours can be used toward your community service requirement OR earn Rec bucks-\$2 for every hour you volunteer.

Age	Day	Date	Time
13-18yrs	Tue	November 18	4:30pm

Location: Meet at the Recreation Center

Brighton Recreation Teen Program

Through the objectives of the City Youth Master Plan we strive to:

- Provide high quality, supervised youth activities
- Foster collaborative partnerships with schools and community organizations to effectively use resources and space
- Promote healthy lifestyles and emotional well being of Brighton's young people through creative programs and social opportunities

General Interest Classes

Baby-Sitters Course

How to handle emergencies is just one of the many things Supersitters learn in a baby-sitter certification class offered by the American Heart Association. Boys and girls learn safety techniques, how to prevent accidents, job-hunting skills and how important they can be to the children they watch. Instructors are certified. Bring a lunch.

Min/Max: 3/10

Cost: \$55.00

Age	Day	Date	Time	Session
11-15 yrs	Mon	Oct 13	9:00am-3:00pm	230001A
	Sat	Dec 13		230001B

Social Netiquette/Conflict Resolution

Students learn to develop proper social etiquette, good citizenship and critical thinking skills when socializing through Facebook, Twitter, YouTube and Online Gaming. Designed to teach children appropriate conflict resolution skills with peers, educators and parents. Material included. Bring a snack.

Min/Max: 3/10

Cost: \$45.00

Age	Day	Date	Time	Session
10-14	Sat	Nov 1	9:00am-1:00pm	230001C

Photography Class

This class teaches principles of photography and fundamental techniques. We will do work in the class and you will be required to complete weekly projects at home. You will learn about all types of photography pictures including black & white prints and much more.

*Camera required

Min/Max: 3/10

Cost: \$45.00

Age	Day	Date	Time	Session
16+	Thu	Oct 2-30	6:00-7:30pm	230005A

CPR/Adult First Aid/AED (HeartSmart)

Certified instructors will teach the skill and instruction needed to perform in case of an emergency such as: rescue breathing, choking, adult, child and infant CPR, control bleeding, care of a fracture and other injuries that may occur. Great resume skill and this knowledge may save someone's life. CPR is offered from 9a - 12:30p.

2 year certification.

Min/Max: 8/25 (materials included)

Cost: \$75.00

(\$65.00 CPR or First Aid only)

Age	Day	Date	Time	Session
15 +	Sat	Oct 11	9:00am-4:30pm	230008A
		Nov 8		230008B
		Dec 6		230008C

Hunter Safety Education

Complete this course to qualify for a Hunter's Safety Certificate, which is required to purchase a hunting license in Colorado. Attendance is required at ALL classes to earn a certificate. The final day will be held at the Division of Wildlife Range. For more information on these classes and any other questions, please go to www.coloradosafehunter.org.

Min/Max: 5/25

Cost: \$10.00

Age	Day	Time	Session
Able to read	Oct 18	9:00am-5:00pm	230003A
	Oct 19	10:00am-12:30pm*	
	Oct 19	3:00-6:00pm - **Range	
	Internet-Based Class		
	Dec 6	12:00-4:30pm 6:00-8:00pm - **Range	230003E

Location: * Brighton Recreation Center

****Division of Wildlife Range, 6060 Broadway, Denver, CO 80216**

Gallery On the Go

Not a painting class; it's a PARTY! In just 2 hours, a trained Gallery Guide will instruct a pre-selected piece of artwork while guests enjoy painting and spending time with friends and family. It's guaranteed to bring out creativity, fun and laughter! Limited seating! But don't worry - you don't need to be an artist to have fun at this party...it's the "Art of Socializing!" Adults are 18+. Learn more at www.GalleryOnTheGo.net

- Easy step-by-step instructions!
- Aprons are provided but please wear paint clothes
- All supplies and snack included!
- Reserve your spot today!

Name	Age	Day	Date	Time	Cost	Session
Halloween Party (Ladies only)	18+	Thu	Oct 23	6:00-8:00pm	\$30	230009A
Coffee 'n Canvas	18+	Sat	Nov 15	9:00-11:00am	\$35	230009B

**See page 19 for Gallery on the Go classes and
page 27 for Jujitsu & Women's Self Defense classes**

Fitness & Wellness Classes

Basic Yoga: Move through a series of poses, the movements and the breath are continuous. This mild stretch and Yoga class is designed to calm and strengthen the body

Barefoot Barre: A high energy, no impact workout, fusing the principles of Ballet and Pilates with resistance and isometric training performed in an interval, weight bearing format at the ballet barre, on the mat and fitness tools. Barre is a great, full body that targets arms, abs and of course, thighs and butt. Meet you at the Barre.

Dance Fusion: Like to dance? This class combines different styles of cardio dance, learn basic dance technique while toning and conditioning the body focusing on full body coordination and balance, then wrap up the class with a cool down and stretching. If you are interested in learning how to dance and get in shape while doing it, this is the class for you!

Bootcamp (No Choreography): Bootcamp mixes traditional calisthenics and body weight exercises with interval training and strength training. This challenging class pushes the participants harder than they'd push themselves and, in that way, resemble a military boot camp.

Cardio Pump: Want to lose weight and shape muscles? This class does it all. The class will switch back and forth between muscle work and cardio intervals. Come and see what you can do!

Chisel: A total body strength training class using weighted barbells with multi joint movements for a full body workout that burns fat while building muscle.

Core Cuts: Bands and Balls are used in the class to help you cut out that Core! This is a 30 minute class that helps strengthen the abdominal area.

CRT Circuit: Cardio Resistance Training - Come challenge the whole body while moving from one timed station to the next. No choreography in this action packed workout. Benefits: burns calories, builds muscle, cardiovascular health and boosts endurance.

Hip Hop: Come experience where Hip Hop dance and fitness collide. Learn today's hottest hip hop moves while enjoying the benefits of a fun, dynamic workout that tones muscles and develops core strength. Dance your way to a healthier body in this one hour high-energy class while improving your level of fitness. This class is designed for all fitness levels.

Intermediate Step: The instructor leads you through choreographed step workout that will challenge the body and keep the metabolism revved up. Some step experience recommended.

Nia: Fun, non-impact, high-energy movements conditions your body, mind, emotions, and spirit. Moves and music inspire joy, the choreography draws from a blend of dance arts, martial arts, and healing arts

Pilates-Pluss: It's like Pilates®, but with more fitness tools. Core conditioning, classic mat work and specific choreographed sequences that lengthen and strengthen the muscles.

Rip'N Cycle: A 30 minute power packed class. 15 minutes of cycling and 15 minutes of TRX® Rip Training system. This class will burn body fat, boost your metabolism while increasing muscle endurance. Train in 3D to build rotational power and help reduce back injuries.

Stretch & Roll: Benefit from the use of foam rollers. This class will help you ease sore muscles and increase flexibility.

Zumba Toning: When it comes to body sculpting, Zumba® Toning raises the bar. Use light weights to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast.

Back to Balance: This class improves balance, posture and functional strength. The use of various types of balancing fitness tools and dynamic cardio movements will strengthen your core and strengthen your heart.

Total 30: This challenging 30 min strength class will strengthen every muscle group. Weight Training is proven to increase metabolism and burn body fat.

Zumba: Zumba combines Latin and international music to make a hip shaking calorie burning workout.

50/50 Mix: This class will take you through a mix of high energy dance fitness that will end with exercises that sculpt and tone your body. This class will help you burn calories, sculpt and tone your body to a new you.

Total Body Conditioning (No Choreography): Strengthen both cardiovascular & muscular systems with the use of free weights, resistance, tubing, body bars & floor exercises. Weights & various fitness tools will be used in the class.

Weekend Warrior: This class is a mix of body weight training, cardio burst and strength training. You will work every muscle group in for a full body workout. This format will vary each week to constantly keep your body changing. No Choreography.

Due to trends and demands in fitness, the drop-in schedule is regularly updated. For the most up to date schedule please visit brightonco.gov/fitness schedule or contact the BRC at 303.655.2228

Ages 12+ are welcome to attend our Fitness classes with an adult. Ages 12-14 yrs are permitted to use the weightroom with an adult after completion of our Youth Weight Room Orientation.

Fitness & Wellness Classes

SilverSneakers®

SilverSneakers® Fit: Designed for active adults who desire a safe and effective low-impact cardiovascular workout. Hand held weights, elastic tubing with handles are used for progressive resistance training. Chair can be used for stability and/or support for upper body strength exercises and abdominal conditioning. (Level 2)

SilverSneakers® Classic: A full body workout using a chair for seated and standing support. Muscular strength and range of movement conditioning is done at a very beginning level. A variety of strength and balance exercises are done using body weight, hand held weights, balls and elastic tubing with handles. (Level 1)

SilverSneakers® Yoga: This class challenges you with a variety of simple and safe yoga exercises you do at your own pace. Using a chair for support, increase flexibility, build endurance and learn how to relax and think more clearly. (Level 1)

CYCLING CLASSES

Cycling: Come torch calories and ride with us! This Indoor cycling class is an hour long and allows you to be in control of your intensity and resistance. Burn body fat and start working on muscle endurance.

WATER FITNESS

H2O Fitness: Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

Aqua Zumba: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Come join the Party!

SilverSneakers® SilverSplash: SilverSplash® offers shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Deep Water: This non-impact deep water class incorporates muscular strengthening, aerobics conditioning, and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. Participants should be comfortable in deep water.

FREE Weight Room Orientations

Learn to safely use cardiovascular equipment and weight machines. Please contact the Fitness Office to schedule your appointment.

303.655.2228

TURKEY BURN: November 30th
8:00am - 11:00am

PERSONAL TRAINING

Personal Training

Each body type is unique and requires a different kind of training method to reach optimum health and fitness. A certified personal trainer can gauge your current fitness level, discuss your goals and develop a program tailored to meet your specific needs. Work one-on-one with a personal trainer to meet your fitness goals. Sessions are one hour each. Each registration includes a 30 min orientation and assessment with your Trainer to discuss your goals.

Age	Session #	Cost
Adult/Youth	PTPP1	\$36.00 for 1 Session
	PTPP3	\$96.00 for 3 Sessions
	PTPP5	\$150.00 for 5 Sessions
	PTPP10	\$280.00 for 10 Sessions

Minimum of 3 hours is required for initial package purchase. Note: A medical consultation and a verbal physician's release is required. (Forms are available at the Recreation Center)

Semi-Private Personal Training

Work out with a friend while still reaping the benefits of a Personal Trainer. Semi-Private training provides the same benefits as our personal training program, but you can do it with a friend at a lower session rate. Sessions are one hour each. Each registration includes a group 30 min orientation and assessment with your Trainer to discuss your goals.

Age	Session #	Cost per Participant
Adult/Youth	SPTPP3	\$42.00 for 3 Sessions
	SPTPP5	\$72.00 for 5 Sessions
	SPTPP10	\$142.00 for 10 Sessions
	SPTPP15	\$214.00 for 15 Sessions
Group of 3	GROUPT15	\$143.00 for 15 Sessions

Note: A medical consultation and a verbal physician's release is required. (Forms are available at the Recreation Center)

Body Composition Testing

Research shows percentage of body fat is the most accurate indicator of fitness and health. We use the Eletrolipograph (body composition test) to measure the percentage of body fat and lean muscle mass. The number of calories that are burned in a 24hr period is different for everyone. This test allows us to see how many calories your body needs in a 24hr period based on your lean body mass. Please contact the Fitness Department for more information 303.655.2228

Age	Session Name	Cost	Session
18+	Accurate Body Composition Assessment	\$15.00	530204A

Fitness & Wellness Classes

Get Results *Each person must register individually*

This program combines the motivation of group fitness with the results of personal training. This is designed for every fitness level: beginner, intermediate and advanced. This is a circuit format that will help you incorporate strength training and cardiovascular training into an efficient full body workout.

- Groups meet twice a week for 5 weeks
- Keep a food Journal to hold yourself accountable and get results
- Pre & Post Fitness Testing including Body Fat testing
- FREE! Nutritional Seminar included in purchase of the Get Results Program

Min/Max	Age	Day	Date	Time	Trainer	Session	Cost
2/3	15+	Tue & Thu	Oct 7-Nov 6	8:30-9:30am	Jodi	530532A	\$125/person
				11:15am-12:15pm		530532B	
				5:45-6:45am	Devon	530532C	
				8:00-9:00am		530532D	
				4:30-5:30pm		530532E	
				6:30-7:30pm		530532F	

** Fitness Assessments October 4th at 7:00am.

Women's Self Defense Class

Colorado Kodenkan and Level 5 Combat Systems present hands on Self Defense class designed for women and teen girls. This is not a martial arts program, but it draws from 20+ years experience in various martial arts. The techniques are easy to learn and retain as well as very effective. Please dress in workout attire. This class will help you in the following areas:

- Improve Confidence
- Learn to defend yourself
- Increase Awareness
- Learn to protect yourself and those around you

Contact Chris Love at 720-201-8145 or www.level5combatsystems.com to register for this class.

Min/Max: 5/20 **Cost \$40.00/person**

Age	Date	Day	Time
11+	Sep 6	monthly	9:00am-12:00pm
	Oct 4		
	Nov 8		
	Dec 6		

Jujitsu Classes

Beginning students will be taught basic self-defense, falling techniques, hand and arm holds and proper movement. Self-defense, discipline and confidence will develop through training. Students test and earn belt rankings. Uniform (Gi) are required. **Contact Chris Love at 720-201-8145 or www.level5combatsystems.com to register for this class.**

Min/Max: 2/20 **Cost: \$75.00 Adult/ \$55.00 Child**

Age	Day	Date	Time
6-13 (Child)	Mon & Thu	monthly	6:00-7:00pm
13+ (Adult)			7:00-9:00pm

Shutdown! Outdoor Bootcamp

Take your workout outside during our annual shutdown September 8-21st. This class is lead by one of our Personal trainers and will consist of bodyweight exercises and various fitness tools to keep the body challenged. You are welcome to join in on any of the class times. Class meets outside at the BRC soccer fields.

Min/Max: 10/20 **Cost: \$18.00**

Age	Day	Date	Time	Session
15+	Tue/Thu	Sep 9-18	5:30-6:30pm	530301A
	Mon/Wed	Sep 8-17	9:00-10:00am	530301B

Foam Rolling "Hands on Seminar"

Participants will receive education on self-myofascial release, usage and instruction. Benefits of Foam Roller Technique:

- Increased strength, Injury Prevention
- Improved Balance and stabilization
- Faster workout recovery
- Improved postural alignment
- Increased athleticism

Min/Max: 3/10 **Cost: \$10.00**

Age	Day	Date	Time	Session
15+	Mon	Oct 6	6:30-8:00pm	531010A
	Sat	Nov 15	9:00-10:30am	531010B

Nutrition Intuition Seminar

Come and sample healthy foods & take home some healthy recipes. Educate yourself about the benefits of Eating Clean. This seminar will also help you understand why you need the proper amount of protein, carbs and healthy fats to achieve your goal. Food offerings are different at each seminar.

Min/Max: 5/25 **Cost: \$10.00**

Age	Day	Date	Time	Session
15+	Mon	Oct 13	6:30-8:00pm	531008A
		Nov 10		531008B

Youth Training & Fitness

Youth Weight Room Orientation

An introductory class, taught by a certified personal trainer that encourages positive body image and emphasizes a safe weight training environment. Junior passes will be given to those who successfully complete this course and may be used with adult supervision in the weight room.

Class will cover:

- Weight Room safety
- Safe lifting techniques
- Etiquette and Weight Room Rules
- Proper use of Machines and Cardio Equipment

Cost: \$22.00

Age	Day	Date	Time	Session
12-14 yrs	Thu	Sep 25	5:00-6:30pm	530305A
		Oct 16		530305B
		Nov 20		530305C
		Dec 11		530305D
	Sat	Sep 27	9:30 - 11:00am	530305E
		Oct 18		530305F
		Nov 15		530305G
		Dec 13		530305H

*A weight card is REQUIRED for all youth under the age of 15 to use the weight room.



Zumbatomic

A class for your kids that includes a mixture of free play and dance using free expression and creativity. The instructor will lead the class through periods of structured movements with breaks for fun and play all while listening to great music! Located in Fitness Studio.

Min/Max: 4/15

Cost: \$15.00

Age	Day	Date	Time	Session
8-12 yrs	Thu	Oct 9-30	4:30-5:30pm	530303A
		Nov 6-Dec 4*		530303B

* No class Nov 27



Find us on Facebook under
"Brighton Recreation Center Fitness Dept. "



"Brighton Recreation Fitness"

Fitness & Wellness Classes

Lunar Vinyasa Flow

Explore the powerful and naturally fluid movement of your untapped reservoir of energy and joy. You will learn to liberate poses that are often rigidly held and allow yourself to grow stronger and more flexible with grace. Bring your own yoga mat. This class will meet in Community Room 101.

Min/Max: 8/20

Cost: \$50.00 (drop in \$9.00)

Age	Day	Date	Time	Session
18+	Mon	Sep 29-Nov 17	6:00-7:30pm	530201A
		Nov 24-Jan 19*		530201B

*No class Dec 29



Personal Yoga Instruction

To register please contact Pam McNulty directly

Number of Sessions	Time	Fee
1	1 hour	\$55
3	1 hour	\$150
6	1 hour	\$270
1 (group: 2-4)	1 hour	\$70/group

Feel free to contact Pam McNulty at 303.884.8124 with inquiries or email at infiniteyoga@msn.com

**Participation is based on available space that day. If class minimums are not met 72 hours prior to the first class of the session, the session may be canceled.



CHAIR MASSAGE

Session #531015

Brighton Recreation Center Lobby

Monday: 9:00-11:00am

\$10/10 minutes

Reserve your time online or at the BRC

MASSAGE THERAPY

now available

at the Brighton Recreation Center

Wednesday and Thursday Evenings

After 5:00pm

Call Laurie Maier
to schedule your appointment

303-667-5255

Fitness & Wellness Classes

Silver Boomers Weight Lifting

Healthy bones, strength and range of motion are essential to a happy and healthy lifestyle. A personal trainer will teach you how to work out safely and properly. This senior class will be full of fun and knowledge. Come join the best of the best and become even better. **SilverSneakers® Members are FREE!**

Min/Max: 4/6

Cost: \$24.00 (includes a 50% senior discount)

Sessions run the full month

SilverSneakers: FREE (Registration Required)

Age	Day	Date	Time	Session
50+	Tue/Thu (Level 2)	Oct 7-30	9:30-10:30am	530104A
		Nov 4-25*		530104B
		Dec 2-Jan 1**		530104C
	Mon/Wed (Level 2)	Oct 1-29		530104D
		Nov 3-26		530104E
		Dec 1-31		530104F
	Tue/Thu (Level 1)	Oct 7-30	10:30-11:30am	530104G
		Nov 4-25*		530104H
		Dec 2-Jan 1**		530104I

* No class Nov 27th

** No class Dec 25th

Note: A medical evaluation and physician's release is required.



Pickle Ball open gym is now offered!

A game for ages 12+ that combines the elements of tennis ping-pong and badminton. It's played on a court, like tennis but half the size, with a wiffleball and paddles. This sport is also offered at the Senior Games! Come and check out what it is all about. Stop by the BRC front Desk for more information.



SilverSneakers® Is Here!!

The BRC is proud to host the SilverSneakers Fitness Program.

All of the BRC drop-in activities are free to Silver Sneakers members, including swimming, drop-in fitness classes, aqua fitness, cycling and Silver Sneakers Classes welcome non-Silver Sneakers participants too!

Participants must complete and enrollment package before beginning classes.

Stop at the front desk for enrollment.

**Contact the Brighton Recreation Center
for further details.**

(303) 655-2200

Drop-in Pickleball

Day	Time
Mon & Wed	9:00-11:00am (All Levels 2 Courts)

* Note: Times are subject to change. Please check with the Front Desk for more information.

PickleBall Training

Come and work with a Trainer to improve your skills and knowledge of Pickle Ball. This hour long class will take you through a workout that will help you get in shape and improve your technique. 30 mins playing Pickle Ball/ 30 mins full body circuit using various fitness tools and strength training to help you improve your game! This class will be located in the gym.

SilverSneakers® Members are FREE!

Min/Max: 2/5

Cost: \$24.00

Day	Dates	Time	Session
Mon & Wed	Oct 6-29	10:30-11:30am	531014A
	Nov 3-26		531014B
	Dec 1-29		531014C

Adult Sports

**For information on
Youth Sports
see pages 13 - 16**

Adult Flag Football - 7 on 7 Flag Football!

Sign up your team to play eight weeks of flag football. Get your friends and have fun in a recreational flag football league. Teams play on a 60-yard field. Individual T-shirts for first place and team trophies for 1st and 2nd place.

Deadline to register: September 8

Cost: \$150.00/team

Age	Day	Time	Dates	Session
18+	TBA	TBA	September - November	631012A

Location: B.J.A.A. Park

Women's Volleyball - 6 person

Women's Rec Volleyball plays for 10 weeks. Games start October 6 and a single-elimination tournament will be held upon completion of league play. Trophies and T-shirts will be awarded to the winning teams. Teams: 6-12 people.

Deadline to register: September 22

Cost: \$150.00/team

Age	Day	Date	Times	Session
18+	Monday	Sep 29 - Dec 8	6:30pm, 7:30pm or 8:30pm	631013A

Location: Brighton Recreation Center



Racquetball Courts

Hours:

Day	Times
Monday through Thursday	5:30am - 9:00pm
Friday	5:30am - 6:30pm
Saturday	7:00am - 6:00pm
Sunday	10:00am - 5:00pm

Racquetball Lessons

Learn the basics and enjoy a fun and fitness oriented indoor sport that can be a lifetime activity. Beginner classes meet once a week for two weeks. The necessary equipment is provided. Lessons will be arranged by the instructor after registration. Protective eyewear must be worn.

Cost: \$16.00

Age	Day	Time	Dates	Session
8+	TBA	Instructor will set up times	September	631015A
			October	631015B
			November	631015C
			December	631015D

Location: Brighton Recreation Center

Racquetball Policies

- Reservations can be made by phone or in person
- You may reserve a court 48 hours in advance
- One reservation per person, per day
- No black handballs, racquetballs or non approved black soled shoes allowed on courts
- Wooden racquets are not allowed
- Protective eyewear is recommended for adults and is required for anyone 17 years of age and younger
- The City of Brighton reserves the right to schedule court time for lessons
- Racquetball racquets and eyewear are available for check-out with your Recreation Center Id card, Colorado Drivers License or Colorado Id
- Lessons are offered. Pre-registration is required
- Participants under 15 years of age must complete lessons before independent usage is allowed or must be accompanied by a parent or adult

Adult Sports

Men's Basketball

League play begins in January and continues through March. Players must be out of high school to be eligible. Awards will be given for 1st and 2nd place. Roster information is available at the recreation center front desk.

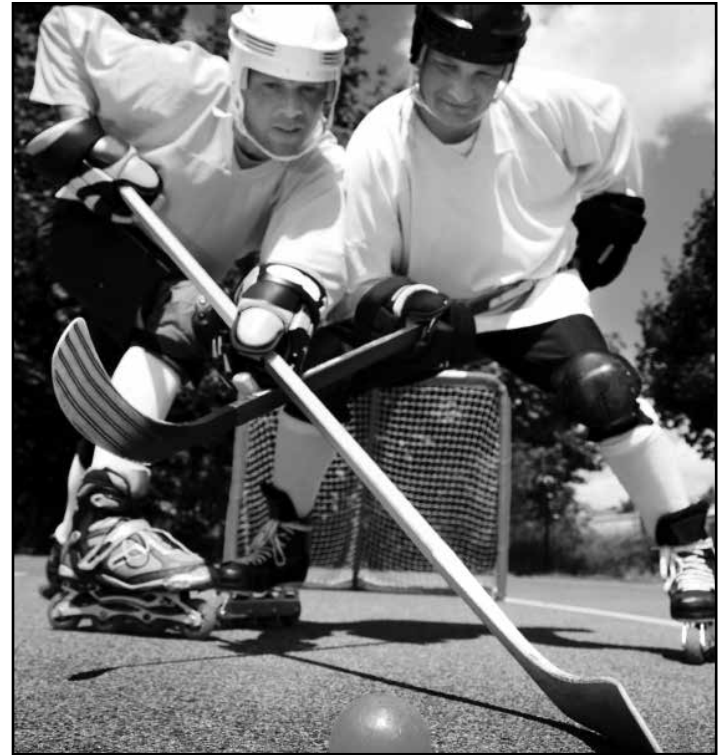
Teams: 6-12 people.

Deadline to register: January 12

Cost: \$350.00/team

Age	Day	Dates	Time	Session
18+	Tue & Thu	Jan 20 - Apr 2, 2015	6:30pm, 7:30pm or 8:30pm	631016A

Location: TBA



Drop-In Adult Roller Hockey

The Inline Hockey Rink will be reserved on Sundays for drop-in hockey for women and men over 25 years of age. Just bring your equipment and those who are there during the designated hours can play games, skate or just shoot pucks at the goals.

Free to the public – Just show up and play!

Age	Day	Time	Dates
25+	Sundays	9-10am - Women 10-11am - Men	September - November

Location: Carmichael Park

FALL 2014

Recreation Center Facility Closures

Labor Day - September 1

Thanksgiving Day - November 27

Christmas Day - December 25

Facility Closure

The Brighton Recreation Center will be closed for annual maintenance and cleaning September 8 thru September 21.

Brighton Cultural Arts Commission

The Brighton Cultural Arts Commission (BCAC)

was created in 1996. One of the goals of BCAC is to promote cultural arts throughout the Brighton community. If you are interested in finding out more about BCAC, call (303) 655-2076 or check out the web site on www.brightonco.gov.

ARTfest at the Armory

The holiday art show at The Armory will feature local artists. The show will be November 7 – January 3. Applications will be available on-line at www.brightonco.gov beginning September 25. Deadline to enter will be Friday, October 31. Call Judee Dickinson at 303-654-0535 or Sue Corbett 303-655-2076 for more information.



Brighton Arts, Culture & Tourism Website

BCAC launched a new website that showcases the arts and cultural opportunities in Brighton @ www.brightoncoARTS.org. It is a very interactive website. Check it out today!

Fine Arts At Four

Fine Arts At Four proudly presents "Rocky Mountain Brassworks". A FREE concert on Sunday, September 28 at 4pm. Concert will be held at the Armory, 300 Strong Street. This program is part of the Brighton Concert Series. Thanks to SCFD for partial funding for this program.

BrightonMusic Orchestra -

This local orchestra performs concerts that are free and open to the public. They will perform on Sunday, October 12 at 4 pm at the First Presbyterian Church, 510 S. 27th Ave. There will also be a Christmas Concert with the Thornton Community Choir on Sunday, December 7. If you are interested in being part of the orchestra or of the popular group, BrightonJazz, call Kat (303) 920-1511.

Platte Valley Players

This community group is always looking for actors to join their group. Go to www.plattevalleyplayers.org to find more information.

Small Business Development



The North Metro SBDC at Brighton is the resource entrepreneurs in all industry sectors can turn to for help - help that can make the difference between success and failure.

We now have additional resources to offer all businesses large, medium or small whether starting, relocating or expanding through our new:



Our Purpose : Create economic vitality by providing a gateway to business resources

Our Mission : To help businesses in all stages of growth by combining resources

Our Vision : To be the leader in the practice of applied business resources.

For information contact: tsanchez@brightonedc.org
Phone: 303-655-2150

For class schedule visit: www.coloradosbdc.org
look for North Metro Brighton

OUR SPONSORS:



Special Events



 Brighton™

19th Annual

FESTIVAL OF LIGHTS

**Parade and Winter Festival
in Historic Downtown Brighton**

"A Hometown Holiday Tradition"

Saturday, December 13, 2014

Parade begins at 5 p.m.

Stay connected at:
www.brightonco.gov/festivaloflights

WINTER FESTIVAL 2 - 5 PM Historic City Hall 22 South 4th Avenue This year's Winter Festival will be packed with many activities for the family including a visit from Santa, free kids' activities, great food, live entertainment and much more.	FESTIVAL OF LIGHTS PARADE 5 PM Main Street and Bridge Street This nighttime parade is a Brighton tradition with more than 75 entries from around the region. There are always plenty of surprises! Please dress warm for this evening event.
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FOR MORE INFORMATION
To volunteer or sponsor please call 303-655-2218.
You can also stay connected at
brightonco.gov/festivaloflights

 Brighton™

Eagle View Adult Center

1150 Prairie Center Parkway (303) 655-2075

Monday through Friday 8:00 a.m. – 4:00 p.m.

Center Manager:
Sue Corbett

Program Coordinator:
Donna Singer

Outreach Coordinator:
Ernie Marquez

Administrative Assistant:
Gayle Martinez

Receptionist:
Becky Eichem

The Eagle View Adult Center is dedicated to the overall social, educational, outreach, and wellness needs of seniors and active adults.

Continuous Drop-in Activities: We have many groups that meet to play cards and games for fun and fellowship. There is no charge and anyone is welcome. Drop-in activities include: Bingo, Pinochle, Bridge, UNO, Cribbage, Pitch, Hand & Foot, Train Dominos, Wii Bowling, and Scrabble.

Day Trips: Travel is high on our priority list. Destinations range from museums, theater productions, shopping, outdoor adventures, tours, and restaurants.

Happenings and Special Events: Holiday events, luncheons, cultural events, socials, educational speakers, potlucks, and entertainment are some of the special events we host.

Classes: Eagle View class offerings include: exercise, yoga, fit ball, wellness courses, computer classes, driver safety, ceramics, Japanese Bunka, and more!

Support Groups:

Seniors with Low Vision: The "Seniors with Low Vision Program" helps adults age 55+ with visual impairments learn to live independently through resources and support. This free drop-in program meets the 4th Monday monthly from 1:00 - 2:00 p.m. Question call: (720) 308-7705.

Caregivers Support Group: Support group meets monthly on the 2nd Thursday from 10:00 - 11:30 am. This program is for those who are caring for a loved one at home or at a nursing home. People of all ages are welcome. For details call Mary Thatcher at (303) 426-4408.

Adult Grief Support Group: Do you need support in dealing with the loss of a loved one? Halcyon Hospice and Palliative Care is facilitating a drop-in support group on the 2nd Monday monthly from 1:00 – 2:00 p.m. Questions call (720) 325-2987 or email deberle@halcyonhospice.org

Craft Fair

Our popular craft fair will be Sat., Nov. 1 from 8am - 3 pm. Call 303-655-2075 for information.

Transportation:

VIA (formerly Special Transit): VIA provides transportation within the City of Brighton to medical appointments, shopping, Eagle View, and more. Service available Mon - Fri from 7:30 am – 5:00 pm. Call (303) 447-2848 x 1014 for more information; call (303) 447-9636 to schedule rides

Call-n-Ride: Call-n-Ride is an RTD service. Call (303) 994-3549 and make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri, 6:00 am - 7:00 pm. Cost is the local RTD bus fare.

Services:

Lunchtime Meal: A hot, nutritious lunch is provided by Volunteers of America, Monday –Thursday at 11:30 a.m. Make reservations two working days in advance by calling Audri at (303) 655-2271 (10 am -1 pm, Mon – Thur). Meal donation: \$2.50 (60+ yrs); \$7.25 (59 & under).

Senior Wellness Clinic: Visiting Nurses Association (VNA) Senior Wellness Clinic operates on Thursdays from 9:00 am - 3:00 pm. Services include health screenings, blood pressure, foot care, and health education. Appointments required by calling (303) 655-2075. Foot care is \$25, payable at time of service, unless covered by insurance. Reduced fees available.

Outreach and Referral: Seniors, do you need help and don't know where to turn? Call Ernie Marquez at (303) 655-2079. She can assist seniors with completing forms, applying for programs, finding services, and other needs.

Medicare Counseling: If you need individualized help with Medicare issues, call Ernie at (303) 655-2079 to make an appointment with our Senior Health Insurance Program (SHIP) counselor. A counselor is available 12:30 - 3:30 pm the 2nd and 4th Tuesdays each month. For general Medicare questions in Adams County, call Centura (720) 321-8850.

Platte Valley Medical Center

Childbirth Education Classes

Platte Valley Medical Center offers a variety of classes to help you prepare for this exciting time in your life. Our comprehensive educational programs will help you be successful at every stage in the process.

Women's and Newborn Center Tours

Tours of the Women's and Newborn Center are offered to help you become familiar with the Labor and Delivery Unit, Special Care Nursery, and Postpartum Suites.

Register by calling:

(303) 498-3518 or find your class online at pvmc.org/events

Cost: Free, by appointment, Tour size is limited

Day	Time	Dates
Wednesday	6:00pm	Sept 3, 17, Oct 8, 22, Nov 5, 19, Dec 10

Location: Meet in the hospital lobby by the fireplace

FAST TRACK Prepared Childbirth Series

This one-day class is designed to acquaint you and your coach with the labor and birthing process through interactive discussions and with the aid of handouts, posters, and videos. Relaxation, breathing, and comfort techniques for a natural labor and birth are practiced. Please bring two pillows to class. Pain management options are also reviewed.

Register by calling:

(303) 498-3518 or find your class online at pvmc.org/events

Cost: \$80.00

Day	Time	2014 Class Dates
Saturday	9:00am-5:00pm	Sep 6, Oct 11, Nov 15, Dec 13

Location: Conference Rooms A & B



Breastfeeding Basics

Successfully learn the basics of breastfeeding, such as positioning, latching on, nipple care, and breast milk supply in this class. Taught by a certified lactation specialist, we will discuss how moms can incorporate returning to work while breastfeeding. Partners are welcome and encouraged to attend.

Register by calling:

(303) 498-3518 or find your class online at pvmc.org/events

Cost: \$43.00/class

Day	Time	Dates
Thursday	6:00-8:30pm	Sep 11, Oct 16, Dec 11

Location: Conference Room A

Lactation Program & Breastfeeding Support

Breastfeeding is special for so many reasons – the joy of bonding with your baby, the cost savings, and the related health benefits. Along with these benefits, challenges are sometimes prevalent. If you have specific questions or would like to schedule an appointment with our certified lactation specialist, please call (303) 498-3415.

Baby Basics

This class discusses realistic expectations for your baby's first months and provides information and hands-on practice with bathing, diapering, cord and circumcision care. This class covers:

- Baby's first days of life
- Feeding, diapering, bathing, and baby care basics
- SIDS risks, safe sleeping, and safe car seat use

Register by calling:

(303) 498-3518 or find your class online at pvmc.org/events

Cost: \$43.00/class

Day	Time	2014 Class Dates
Thursday	6:00 - 8:30pm	Sep 18, Oct 30, Dec 4

Location: Conference Room A

FREE Health Information on
pvmc.org/myhealth

Platte Valley Medical Center



Research your diagnosis and
other FREE Health Information at
pvmc.org/myhealth

Yoga

PVMC is pleased to offer Community Yoga Classes. Bring your own mat and get ready for a fun, energizing way to improve your health.

Instructor: Karen Vizyak, licensed physical therapist and certified Yoga instructor

Register by calling: (303) 498-1840

Day	Time	Cost
Tuesday	4:45-5:20pm	\$6.00/class or
Thursday	12:15-12:50pm	\$58 for 10-class punch card

Location: Hospital Conference Center

Massage Therapy

Platte Valley Medical Center proudly offers therapeutic massages for the public. A physician referral is not required and therapy is provided by experienced licensed massage therapists.

Therapists: Tanya Kostman, L.M.T. and Deb Windholz, L.M.T.

Register by calling: (303) 498-1840

Day	Cost
Monday-Friday appointments based upon availability	\$30.00 - 30 minutes \$50.00 - 60 minutes

Location: 1606 Prairie Center Parkway, Suite 130



Pilates Mat Class

Pilates is a great form of exercise to strengthen and tone your abdominals, hips, and shoulders, increase flexibility and stamina, and improve overall fitness and health. Class instruction includes proper postural alignment and breathing techniques. Regardless of your fitness level, exercises can be modified to fit your needs.

Instructor: Karen Vizyak, licensed physical therapist and certified Pilates instructor

Register by calling: (303) 498-1840

Day	Time	Cost
Tuesday	5:45-6:30pm	\$9.00/class or \$80 for 10-class punch card

Location: Hospital Conference Center



Barr Lake - Fall Birding Festival



Fall Birding Festival Barr Lake State Park



Saturday, September 6th, 7am – noon

Join us for the 16th Annual Barr Lake Fall Birding Festival
Great family event with something for everyone!

Event Schedule

Migratory Songbird Banding Station 7am – 11am

View live birds in the hand at our migratory songbird banding station.

Guided Bird Walks: 7, 8, 9, or 10am Kids-only bird walk 9am

Explore Barr Lake's trails guided by the region's best birders.

Eagle Express driving tours: 8am, 9:30am, 11am

Ride the Eagle Express into the wildlife refuge.

Live Raptors 9am – 12pm

See raptors up close and talk with raptor experts

HawkQuest will be featuring a raptor in flight!!!

Kids' Activities and Crafts 9am – noon

Educational Booths 9am – noon

Bird Feeders and Eagle Optics demos 9am – noon

Discover birds and bird feeding with Wild Birds Unlimited experts, Scott and Dave Menough. Explore great binoculars and scopes and birding supplies.

Shop 15% off all bookstore and clothing items



Admission per vehicle is a \$7 daily or an annual parks pass.

Barr Lake's Fall Birding Festival is supported by Barr Lake
State Park Volunteers; Colorado Parks and Wildlife;
Prairie Center of Brighton; THF Realty; and Wild Birds Unlimited.

For more information call (303) 659-6005



Registration Form

2014 RECREATION CENTER PROGRAM REGISTRATION FORM

**Walk-In
Residents Only**
August 21
@ 7am

**Walk-in
Open**
August 22
@ 7am

**Online
Residents Only**
August 21
@ noon

**Online
Open**
August 22
@ noon

**Phone-In
Registration**
August 23
@ 7am

**Mail-In/Fax
Registration**
August 23
@ 7am

Please print and fill out registration information completely. *All phone & fax registrations must be paid by credit card.

Parent's Name: _____ Date ____/____/____

Mailing Address: _____

Home Phone: ____/____/____ Work Phone: ____/____/____

Cell Phone: ____/____/____

Email address: _____

☐ I have read and understand the refund guidelines.

☐ Check or Money Order made payable to: City of Brighton

Drivers License Number: _____ State: _____ Expiration Date: _____

Visa/Mastercard/Discover Number: _____ Exp. Date: _____

Signature: _____

Participants Name	Session #	Activity Name	Age	Birth Date Mo. Day Yr.	Sex	School Grade	Fee

Total Amount Due \$ _____

RELEASE FROM PARTICIPATION IN INHERENTLY DANGEROUS ACTIVITY

I, the participant and/or parent or guardian of participant understand that the activities registered for contain an element of danger. I agree to indemnify and hold the City of Brighton and any agencies involved in the activities and any of their servants, agents or employees free and harmless from any injury, damages, liabilities, loss, claim, cost or expense including attorney's fees which may result whether by negligence or otherwise. I am solely responsible for payment of all costs resulting from the rendering of medical aid and ambulance services to the participants, and I authorize that all necessary first aid steps may be taken as prescribed by qualified personnel.

****PARENT/PARTICIPANT SIGNATURE:** _____

-----FOR OFFICE USE-----

Date: ____/____/____ Check #: _____ Visa/MasterCard/Discover Clerk: _____

For Recreation Center information, please call (303) 655-2200 or visit www.brightonco.gov

Registration Information

5 Ways to Register

1 - In Person

Walk-In registration for Brighton residents takes place August 21, 2014 beginning at 7:00 am at the Brighton Recreation Center, 555 North 11th Avenue. Please bring proof of residency within legal city limits.

Open walk-in registration begins at 7:00 am on Friday, August 22, 2014

2 - By Phone

Phone-In registration will be accepted on August 23, 2014. We accept your Visa, MasterCard, or Discover. Please have the following information: participant's name, birth date, sex, address and phone number.

3 - By Fax

To register via fax, please complete the registration form and include your credit card information. Fax the form to the recreation center at (303) 659-9405.

4 - By Mail

To mail your registration, complete the form and send it along with your payment in the form of a check, money order (made payable to the City of Brighton) or your credit card information to:

Brighton Recreation Center
555 North 11th Avenue
Brighton, CO 80601

- Mail in registrations received before August 23, 2014 are not guaranteed early registration and will be processed at random as time permits after 11:00 am on August 23, 2014.
- Mail in registrations received on or after August 23, 2014 will be processed at random on a daily basis. We are not responsible for delayed mail.
- In the event that your class is filled, your check will be returned to you.
- Incomplete forms or insufficient payments will be returned.
- You are registered unless we notify you otherwise.

5 - Online

To register online, go to www.brightonco.gov & select "online" registration. In order to register online, we will need to have your email address already in our database. You will also need to know your "household" number, available on a receipt from the Brighton Recreation Center.

Online registration will be open to Brighton Residents starting at noon on August 21, 2014. Non-residents will be able to register on-line starting at noon on August 22, 2014.

Registration online will be available for Recreation Center programming including renewal of most passes. Personal training, private & semiprivate swimming lessons, reduced rates and corporate passes are not available online.

Payment by Check

The City of Brighton will charge a \$30.00 service fee for all checks not honored for any reason by the bank. Checks should be made payable to: **City of Brighton**

Refund Policy for City of Brighton Recreation Center

Refunds will be made according to the following guidelines:

- No cash refunds.
- If class is canceled by Recreation Center: 100% refund
- Refund requests must be received 5 business days prior to start of the program.
- Refunds of \$25 or less will be issued as household credit only. If participant cancels: refund will be assessed a \$5 service fee per activity unless refund is issued as a household credit.
- Refund request after the program has started: **NO REFUNDS**, except due to illness.
- Credit may be given if the participant is unable to participate due to illness. A doctor's statement must be presented in order to receive credit due to illness.

Waiting List Procedure

Waiting lists are a source of contact and do not guarantee you will receive a call back. You will receive a call back only if a space becomes available. If you ask to add your name to a waiting list for a closed class it:

- a. Provides us with a name and phone number in the event of a cancellation.
- b. Supplies us with names and phone numbers in case a new class is added.
- c. Does not limit you from registering for any other open class.

Class Cancellation Policy

When a class is cancelled, participants are given the option of transferring to another class, receiving a household credit or a refund check or credit to a credit card. Participants will be notified at least 24 hours in advance when classes are cancelled due to insufficient registrations. Refunds will be handled in accordance with refund policy.

Notice to Participants

Participants must realize that all classes / activities of a physical nature involve some risk and by registering for a Brighton Recreation Center class/activity of this nature, there is an assumption of risk by the participant. The City of Brighton Parks and Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff. Every effort is made to ensure the safety of the participants and to provide them with first class recreational facilities, activities and parks.

In the event of a serious illness or accident it is the policy of the City of Brighton to:

- Contact 911 for emergency personnel for first aid.
- Reach the parent or guardian as soon as the situation allows.